

Warm Water Pool Schedule

March 8th- May 9th, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 – 8 am	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
8:15-9:15 am	Adult Open Swim 8:15-9:15 am	Just My Speed 8:30-9:15 am	Water Works 8:30-9:15 am	Move That Body 8:30-9:15 am	Advanced Joints-N-Motion 8:30-9:15 am	Pool Closed	
9:15 – 10 am	Pool Closed	Adult Water Walking 9:15-10:00 am	Adult Water Walking 9:15-10:00 am	Adult Water Walking 9:15-10:00 am Bridging the Gap 9:15-11:00 am	Adult Water Walking 9:15-10:30 am	Adult Water Walking 9:00-10:00 am	
10 – 11 am	Pool Closed	Family Open Swim 10:00-11:00 am	Family Open Swim 10:00-11:00 am	Family Open Swim 10:00-11:00 am Bridging the Gap 9:15-11:00 am	Pool Closed	Family Open Swim 10:00-12:00 pm	Pool Closed
12 – 1 pm	Joints-N-Motion 12:00-12:45 pm	Pool Closed	Joints-N-Motion 12:00-12:45 pm	Back in Action 12:00-12:45 pm	Pool Closed	Pool Closed	Pool Closed
1 – 2 pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
2:00 – 3:30 pm	Pool Closed	Adult Open Swim 2:00-3:30 pm Bridging the Gap 3:00-5:15 pm	Pool Closed	Adult Open Swim 2:00-3:30 pm Bridging the Gap 3:00-5:15 pm	Adult Open Swim 2:00-4:00 pm	Pool Closed	Pool Closed
3:30 – 5 pm	Adaptive Aquatics	Bridging the Gap 3:00-5:15 pm	Adaptive Aquatics	Bridging the Gap 3:00-5:15 pm	Pool Closed		
5:15 – 6pm	Adaptive Aquatics	Pool Closed	Adaptive Aquatics	Pool Closed	Pool Closed		
6 – 6:45pm	Adaptive Aquatics	Pool Closed	Adaptive Aquatics	Pool Closed	Pool Closed		
7 – 8 pm	Adaptive Aquatics	Pool Closed	Adaptive Aquatics	Pool Closed	Pool Closed		

Pool temperature is 92-94 degrees. Exercise in this pool is not aimed at aerobic conditioning, but for toning and therapeutic purposes.

Family Open Swim: Open swim time
for families with young children

Joints-N-Motion: Class is comprised of warm-up, upper and lower body exercises, toning, cool down and stretching.

Advanced Joints-N-Motion: This advanced class will incorporate moves that will help to improve balance, core strength, and back stabilization. The aerobic portion will also challenge participants by doing exercises that are more complex requiring added concentration.

Back in Action: Strengthen your back, core, hips and knees to relieve or prevent back pain. Specific moves in the water precisely intended to improve the health of those muscles and joints.

Family Open Swim: Open swim time for families with young children

Just My Speed: A low intensity class that is fit for all levels. Work all joints, low cardio and stretching.

Move that Body: An upbeat tempo class that focuses on strength and endurance for people affected by muscular pain. Moves are performed rhythmically and continuously at a moderate intensity. This class offers an advanced format that focuses on muscular strength and endurance..

Water Works: Class is designed to assist members in improving strength, balance and muscle endurance. Light weights will be used to build upper body strength and an emphasis on exercises

that strengthen the core will be taught also.

Adult Open Swim/Water Walking: Open swim time for Adults only (18 years and older)

Warm Water Pool Schedule January 4-31, 2021



New Participants

- New participants should arrive at class 10 minutes early if possible.
- Please let the instructor know if you have any physical limitations.
- If your doctor or physical therapist has told you not to do certain exercises, please follow their instructions.
- Fully accessible to individuals with disabilities

