



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

REVISED FEBRUARY 1, 2012

## WATER EXERCISE POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Water EX</b> 5:30-6:15 Lindsey		<b>Water Ex</b> 5:30-6:15 Lindsey			
<b>Water Circuit</b> 6:00 – 6:45am Marisol		<b>Water Circuit</b> 6:00 – 6:45am Tammy		<b>Water Circuit</b> 6:00 –6:45am Tammy		
<b>Active Adults</b> 8:15 – 9:15am Tammy	<b>Active Adults</b> 8:15 – 9:15 am DaVonne	<b>Water Pump &amp; Abs</b> 8:00 – 8:45am Kristin	<b>Active Adults</b> 8:15 – 9:15am Tammy	<b>Water Pump &amp; Abs</b> 8:00-8:45 am Kristin	<b>Water EX</b> 9:00 –9:45am Tammy/Marisol/ Lindsey/Kate	
		<b>Rusty Hinges</b> 8:45-9:15 Kristin		<b>Noodles</b> 8:45-9:15am Kristin	<b>Water EX</b> 10:00 –10:45am Tammy/Marisol/ Lindsey/Kate	
				<b>Rusty Hinges</b> 9:15-9:45am Kristin	<b>Aqua Stretch</b> 11:00 – 11:45am Marisol	
<b>Medical Programming</b> 9:30 – 10:30am	<b>Medical Programming</b> 9:30 – 10:30am	<b>Medical Programming</b> 9:30 – 10:30am	<b>Medical Programming</b> 9:30 – 10:30am	<b>Medical Programming</b> 10:00 – 11:00am		
				<b>Aqua Stretch</b> 12:15-1:15 Marisol		
<b>PT Medical Pool Time</b> 1:30 – 4:30pm	<b>PT Medical Pool Time</b> 1:30 – 4:30pm	<b>PT Medical Pool Time</b> 1:30 – 4:30pm	<b>PT Medical Pool Time</b> 1:30 – 4:30pm	<b>PT Medical Pool Time</b> 1:30 – 4:30pm		
<b>Water EX</b> 4:30 – 5:15pm Kristen	<b>Lymphedema</b> 4:30 – 5:30pm	<b>Water EX</b> 4:30 – 5:15pm Tammy	<b>Water EX</b> 4:30 – 5:15pm Kate	<b>Water EX</b> 4:30 – 5:15pm Marisol		
<b>Water EX</b> 5:30 – 6:15pm Jan	<b>Aqua Boot Camp</b> 5:45 – 6:30pm Tammy	<b>Water EX</b> 5:30 – 6:15pm Jan	<b>Aqua Boot Camp</b> 5:45 – 6:30pm Tammy	<b>Aqua Boot Camp</b> 5:30 – 6:15pm Jan		
<b>Prenatal Exercise Class</b> 6:15 – 7:00pm Connie						
	<b>Youth In Motion</b> <b>Feb 7-March 20</b> <b>April 3-May 8</b> 7:00-7:30pm					

## LAP POOL

5am-8:45pm Lap Swim	5am-8:45pm Lap Swim	5am-8:45pm Lap Swim	5am-8:45pm Lap Swim	5am-8:45pm Lap Swim	6am-4:45pm Lap Swim	8am-4:45pm Lap Swim
	7-9pm (2 lanes) Z 3 Training	7-9pm (4 lanes) 3 <sup>rd</sup> Wednesday Every Month Triathlon Training		4-5pm (2 lanes) Z 3 Training	1:30-3:30pm (2 lanes) Triathlon Training	



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**Open Pool Times:** When there are not classes or medical programs in the pool, members may make use of the pool for their personal workouts. Children may enjoy the pool with Adult supervision. Lifeguard decisions are final.

**Swim Testing:** Children who cannot touch the bottom of the exercise pool will be swim tested.

### **Lap Swimming Tips**

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

### **Directions**

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that most nearly match your speed. Continuous Walking is permitted in the HLC lap pool.

### **Class and Program Descriptions:**

**Medical Programming:** This hour is for members who may need the guidance and supervision of specially trained staff to help them with a post rehab program or therapeutic support such as stretching.

**PT Medical pool time:** This one-on-one Physical Therapy service in a warm water environment for individuals either currently participating or recently discharged from Physical Therapy. Members may use the pool during this time as space permits.

### **Prenatal and Postpartum Water Fitness**

Pregnancy and postpartum ladies, this class is for you! Offering a full body workout, modified for your condition level, the class may help reduce pregnancy backaches and other discomfort you may be experiencing. You'll combine cardio, stretching, and toning, while working at your own pace. Doctor's permission is recommended for this class.

### **Water Ex**

This is an energetic, fun, shallow water fitness class with low impact, designed for any level of fitness, including beginners. Get a full-body workout, including cardiovascular, strength, abdominal work and a cool down.

### **Water Circuit**

These classes are a great way to get a fun cardio workout without impact. Buoyancy equipment is used in these classes, which combines endurance work with strength training and abdominal exercises. Class is designed for intermediate to advanced level participants.

### **Rusty Hinges**

Joint friendly exercises in a water setting with zero impact. All ages are welcome as are all levels of ability. Class is designed to increase cardio strength, muscular endurance and range of motion.

### **Active Adults**

This water class will give you a complete workout including: warm-up, cardio, strength, abdominal, stretching and having fun socializing!

### **Water Pump and Abs**

Pump muscle conditioning brings the weight room to water exercise. Work all major muscles using dumbbells, noodles, kickboards and other buoyancy equipment. Class ends with abdominal conditioning.

### **Noodles**

A water exercise class using Noodles! Noodles are used for stabilization as well as underwater resistance training.

### **Aqua Stretch**

This class creatively adapts Yoga exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness while moving the body as an integrated whole.

### **Aqua Boot Camp**

An active conditioning class designed for our members looking for a more challenging workout. Improve your cardio and strength with this high intensity class.

### **Lymphedema**

Water aerobic fitness designed for people who are looking for a gradual approach to exercise. This class is appropriate for those recovering from surgery, cancer survivors, those suffering from a chronic disease, or those who have been inactive for a period of time.

**\*\*\*Due to the sensitive nature of many of our aquatics classes, we request that members join at the beginning of class time or enter pool for general exercise after class is completed.\*\*\***