

## Water Exercise

### Water Works

Monday, Wednesday, Friday 8:30-9:30 a.m.

*Ellen Chiapuzio*

Have fun in this moderately paced deep-water class that incorporates buoyancy and resistance equipment to develop cardiovascular and muscular endurance. This class provides total body conditioning with progressive cardiovascular workouts. Routine exercises are designed to enhance the mind-body connection, increase core strength, maximize toning and increase flexibility.

### Aqua Ther-ex

Monday, Wednesday 11:00 a.m.-12:00 p.m.

*Carrie Copeland*

This class targets the needs of those new to exercise, mature adults, and those seeking a mild aerobic workout. Our instructors teach basic skills that will help improve balance, flexibility, and endurance in both shallow and deep water.

### Aqua Arthritis

Tuesday, Thursday 11:00 a.m.-12:00 p.m.

*Jen B.*

Focusing on muscle strengthening and physical endurance in a relaxed warm water environment, this class is perfect for those who suffer from arthritis or experience stiffness in their joints. The warmth and buoyancy of the water helps decrease pain as well as helps improve joint flexibility, coordination, balance and an overall sense of wellbeing.

*The Fitness Pool is available for adult exercise at any time a class is not scheduled. Please refer to the Fitness Pool schedule to see when swim lessons will be using the pool. Be aware that the pool is the most crowded from 3-5 p.m. Please share the space.*

## Classes and Training

### Hydro-FIT®

Monday, Wednesday 5:30-6:30 p.m.

Tuesday, Thursday 6:15-7:15 a.m.

*Craig Stuart & Denise Wallace*

This dynamic deep-water workout offers an intermediate to advanced cardiovascular conditioning. Specially designed buoyancy and resistance equipment will enhance muscular strength, endurance and flexibility.

### Personal Water Exercise Training

Learn how to use the water to your advantage with a DAC water trainer. Sessions will prepare you to venture into the water using buoyancy and resistance equipment.

Instructors teach clients how to build strength, increase flexibility, and challenge the cardiovascular system. Learn to self motivate and have fun exercising on your own!

Package prices are the same as personal training rates.

## Announcement

### Annual Pool Shutdown

The fitness pool will be closed for annual pool cleaning and maintenance, September 7-12.

Lap Pool Temperature: 81.5°F



Fitness Pool Temperature: 86°F

# Fitness Pool Schedule

# September 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:30			Adult Only		Adult Only			5:30	
6:00		Adult Only	Adult Only	Adult Only	Adult Only	Adult Only		6:00	
6:30		Swim	HYDRO-FIT 6:15-7:15	Swim	HYDRO-FIT 6:15-7:15	Swim		6:30	
7:00		5:00-8:30		5:00-8:30		5:00-8:30	Adult Only	7:00	
7:30			Adult Only Swim 7:15-9:00				Swim	7:30	
8:00	Adult Only							8:00	
8:30	Swim	Water Works (e <sup>3</sup> ) 8:30-9:30		Water Works (e <sup>3</sup> ) 8:30-9:30	Adult Only Swim	Water Works (e <sup>3</sup> ) 8:30-9:30	7:00-9:00	8:30	
9:00	7:00-12:30		Swim Lessons*		7:15-11:00			9:00	
9:30		Adult Only	9:00-10:30				Swim Lessons 9:00-12:30	9:30	
10:00		Swim		Adult Only			Parent-Tot Swim 10:00-11:00	10:00	
10:30							Adult Swim	10:30	
11:00		Aqua Ther-ex (e <sup>3</sup> ) 11:00-12:00	Aqua Arthritis (e <sup>3</sup> ) 11:00-12:00	Aqua Ther-ex (e <sup>3</sup> ) 11:00-12:00	Aqua Arthritis (e <sup>3</sup> ) 11:00-12:00			11:00	
11:30						Adult Only		11:30	
12:00						Swim		12:00	
12:30		Adult Only	Adult Only	Adult Only	Adult Only		Lifeguard	12:30	
1:00	Lifeguard	Swim	Swim	Swim	Swim		Swim	1:00	
1:30								1:30	
2:00		Kids Camp 2:00-3:00 p.m. Monday - Friday until September 3							2:00
2:30	12:30-7:30						12:30-7:30	2:30	
3:00								3:00	
3:30		Swim Lessons* 3:00-5:30	Swim Lessons* 3:00-6:30	Swim Lessons* 3:00-5:30	Swim Lessons* 3:00-5:30	Swim Lessons* 3:00-5:00		3:30	
4:00	Lifeguard on						Lifeguard on	4:00	
4:30	duty						duty	4:30	
5:00								5:00	
5:30		HYDRO-FIT 5:30-6:30		HYDRO-FIT 5:30-6:30		Lifeguard Swim 5:00-8:00		5:30	
6:00								6:00	
6:30		Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00	Family Swim 6:30-8:00	Lifeguard on		6:30	
7:00						duty		7:00	
7:30	Adult Only Swim	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD		Adult Only Swim	7:30	
8:00		Moonlight Swim Adults Only 8-9	Adult Only Swim 8:00-9:00	Moonlight Swim Adults Only 8-9	Adult Only Swim 8:00-9:00	Moonlight Swim Adults Only 8-9		8:00	
8:30								8:30	

## Family Swim

Monday - Thursday 6:30-8:00 p.m.  
Held in the fitness pool. All children under 14 must be accompanied by an adult. No lifeguard is on duty.

## Lifeguard Swim

Friday 5:00-8:00 p.m.  
Saturday & Sunday 12:30-7:30 p.m.

A lifeguard is on duty at the fitness pool during Lifeguard Swim hours. Children who can pass the swim test and are ages 7-13 years old must have a parent present in the Club. Children under 7 years and nonswimmers must be accompanied by a parent or guardian.

*Please check your children in with the lifeguard.*

## Children's Spa Usage

Children must be potty trained to use the spa. Children under 14 are permitted in the spa with a parent during Family Swim, Lifeguard Swim, or for 5 minutes following lessons. Please limit spa time to 5 minutes. Children must sit quietly and no toys are allowed.

Lap Pool Temperature: 81.5°F

Fitness Pool Temperature: 86°F

