



February 2012 Aquatics Schedule

Class Descriptions

Water Aerobics—Stretch and exercise using water as resistance to tone your body. Low-impact aerobics will strengthen your muscles, increase flexibility and energy levels, and relieve stress. You do not need to know how to swim for this 40 min class.

Water Yoga— Join our staff while you strengthen, stretch and tone your body while relaxing in the pool. Gain balance and peace of mind while improving your fitness.

Kid Swim—Let your kids swim in our heated pool while you work out! Please sign your kids up to make sure a lifeguard is Present. Parents may swim, watch, or workout. All ages are welcome.

FREE for family membership children
\$1/child for adult member's children
\$5/child for non-member's children

Please call ahead to sign-up for adult classes. Class size is limited to 6 participants.

Open Swim: FREE to members,
\$3 for SilverSneakers members
\$5 for non-members

Water Aerobics/Yoga: Free to all members,
\$5 for non-members.

Swim Lessons— We offer swim lessons on Wednesday evenings and Saturday afternoons. Sessions repeat monthly so please sign up in advance!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Water Aerobics 6:00-7:00pm Water Yoga 7:00-8:00pm	2 Senior Water Aerobics 10am Open Swim 11am Open Swim 6:00pm	3 Open Swim 6pm (By Apt Only)	4 Water Aerobics 8:00am Senior Water Aerobics 9:00am
5 Family Swim 8am-12pm (by apt. only)	6 Diaper Dip 6-6:30 Swim Lessons 6:30-7:30pm Water Aerobics 7:30-8:15pm	7 Senior Water Aerobics 10am Open Swim 11am Kids Swim 5:30-6:30pm	8 Water Aerobics 6:00-7:00pm Water Yoga 7:00-8:00pm	9 Senior Water Aerobics 10am Open Swim 11am Open Swim 6:00pm	10 Open Swim 6pm (By Apt Only)	11 Water Aerobics 8:00am Senior Water Aerobics 9:00am
12 Family Swim 8am-12pm (by apt. only)	13 Diaper Dip 6-6:30 Swim Lessons 6:30-7:30pm Water Aerobics 7:30-8:15pm	14 Senior Water Aerobics 10am Open Swim 11am Kids Swim 5:30-6:30pm	15 Water Aerobics 6:00-7:00pm Water Yoga 7:00-8:00pm	16 Senior Water Aerobics 10am Open Swim 11am Open Swim 6:00pm	17 Open Swim 6pm (By Apt Only)	18 Water Aerobics 8:00am Senior Water Aerobics 9:00am
19 Family Swim 8am-12pm (by apt. only)	20 Diaper Dip 6-6:30 Swim Lessons 6:30-7:30pm Water Aerobics 7:30-8:15pm	21 Senior Water Aerobics 10am Open Swim 11am Kids Swim 5:30-6:30pm	22 Water Aerobics 6:00-7:00pm Water Yoga 7:00-8:00pm	23 Senior Water Aerobics 10am Open Swim 11am Open Swim 6:00pm	24 Open Swim 6pm (By Apt Only)	25 Water Aerobics 8:00am Senior Water Aerobics 9:00am
26 Family Swim 8am-12pm (by apt. only)	27 Diaper Dip 6-6:30 Swim Lessons 6:30-7:30pm Water Aerobics 7:30-8:15pm	28 Senior Water Aerobics 10am Open Swim 11am Kids Swim 5:30-6:30pm	29 Water Aerobics 6:00-7:00pm Water Yoga 7:00-8:00pm	<i>Single class fee: \$5 for non-members</i> Classes are FREE with memberships !!		Class schedule subject to change. Please call 768-4550 to sign up for classes.