



AQUATICS & WELLNESS

## Pool Schedule

### Leisure Pool

January 25- March 1

Lap Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-8:00a	5:00a-9:00a	5:00a-8:00a	5:00a-9:00a	5:00a-8:30p	7:00a-9:30a	8:00a-5:30p
9:00a-8:30p	10:00a-8:30p	9:00a-8:30p	10:00a-8:30p		11:00a-5:30p	

Family Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-8:00a	5:00a-9:00a	5:00a-8:00a	5:00a-9:00a	5:00a-8:30p	<b>*7:00a-9:30a</b>	8:00a-5:30p
9:00a-8:30p	10:00a-8:30p	9:00a-8:30p	10:00a-8:30p		<b>*11:00a-5:30p</b>	

\*Leisure closed during swimming lessons on Saturday from 9:30a-11:00a\*

### Competition Pool

Lap Swim/Diving Board						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-4:00p All Lanes	5:00a-6:00a All Lanes	5:00a-4:00p All Lanes	5:00a-6:00a All Lanes	5:00a-4:00p All Lanes	7:00a-7:30a All Lanes	8:00a-5:30p All Lanes
	6:00a-7:30a CLOSED Swim Team		6:00a-7:30a CLOSED Swim Team		7:30a-9:00a CLOSED Swim Team	
	7:30a-4:00p All Lanes		7:30a-4:00p All Lanes		9:00a-11:00a Lanes 4 & 5	9:00a-12:00p All Lanes
4:00p-6:15p CLOSED Swim Team	4:00p-6:15p CLOSED Swim Team	4:00p-6:15p CLOSED Swim Team	4:00p-6:15p CLOSED Swim Team	4:00p-6:15p CLOSED Swim Team	<b>12:00p-3:00p Diving Board OPEN</b>	<b>12:00p-3:00p Diving Board OPEN</b>
6:15p-8:30 Lanes 5-6	6:15p-8:30p Lanes 4-6	6:15p-8:30p Lanes 4-6	6:15p-8:30p Lanes 4-8	6:15p-8:30p All Lanes	11:00a-5:30p Lanes 4-8	12:00p-5:30p Lanes 4-8

### Water Fitness

Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a-6:15a Hydro Wendy Competition		5:15a-6:15a Hydro Wendy Competition		5:15a-6:15a Hydro Amy Competition	9:00a-10:00a Boot Camp Wendy Competition	
9:00a-10:00a Hydro H.I.T Amy Leisure	9:00a-10:00a Hydro Julie Leisure	6:30a-7:15a BOGAFIT Molly Competition Starts 1/22	9:00a-10:00a Hydro Julie Leisure	9:00a-10:00a Hydro Amy Leisure		
6:15p-7:15p Hydro Training Wendy Competition	6:15p-7:15p Hydro Training Wendy Competition	6:15p-7:15p Hydro Training Wendy Competition	6:15p-7:15p H2O H.I.T Kathryn Competition			
7:30p-8:15p BOGAFIT Molly Competition Starts 1/22						



## ANKENY SWIM MEET SCHEDULE

The following dates the competition pool will close and remain closed for the evening for Ankeny Swim Meets and Middle School Swim Meets.

DATE	DAY	TIME
Saturday ** DISTRICTS**	February 3rd	10:00am-Close
Tuesday	February 20 <sup>th</sup>	4:00pm-Close
Tuesday	March 6 <sup>th</sup>	4:00pm-Close

No Lap Swim or Water Fitness Classes in Competition Pool,  
Lap Swim is available in the Leisure Pool.

## WATER FITNESS CLASS DESCRIPTIONS

<b>Aqua Fit</b>	This class will challenge yourself beyond the “traditional” strength training in the pool. F.I.T (Functional Integrated Training) will challenge your muscular endurance as well as balance and coordination through all planes of motion while being in the water.
<b>BOGAFIT</b> Paid Class Reservation Needed	Fitness Regimen developed by combing best aspects of key proven movements. Think Boot camp and a little Yoga on the FITMAT on top of the water! One of the newest water fitness classes to hit the market in 2017! You will sweat, laugh, and work hard all at once and in the H2O! * Begins January 22!
<b>Hydro Training</b>	AQUA Class, non-bearing form of exercise, so that the range of movement and intensity is far greater than you can achieve on dry land and most importantly without affects. This class will improve fitness level, develop muscle tone, and help with weight loss and strength your abdominals. The classes vary each week, involving various equipment.
<b>Hydro H.I.T</b>	This is a pool based, intense workout! Get your heart pumping, high burning fat; improve muscle tone and strength through H-High I-Intensity T-Training.