



AQUATICS & WELLNESS

Leisure Pool

January 1-February 15

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-5:30p	8:00a-5:30p
9:00a-8:30p	10:00a-8:30p	9:00a-8:30p	10:00a-8:30p			

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-9:00p	7:00a-5:30p	8:00a-5:30p
9:00a-8:30p	10:00a-8:30p	9:00a-8:30p	10:00a-8:30p			

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-12:00p All Lanes	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	12:00p-3:00p Diving Board OPEN	12:00p-3:00p Diving Board OPEN
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	12:00p-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 Amy/Wendy/Kathryn 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 Amy 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.

DATE	DAY	TIME
Thursday	January 18 th	4:00pm-Close
Saturday** DISTRICTS**	February 3 rd	9:00am-Close

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

WATER FITNESS CLASS DESCRIPTIONS

Aqua Fit	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.
BOGAFIT 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!
Hydro Training	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.
Hydro H.I.T	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.