

### Leisure Pool

LAP SWIM AVAILABILITY						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:30pm	5:00am-8:30pm	5:00am-8:30pm	5:00am-8:30pm	5:00am-8:30pm	7:00am-9:00am 12:00pm-5:30pm	8:00am-5:30pm

OPEN FAMILY SWIM AVAILABILITY						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am 10:00am-8:30pm	5:00am-8:30pm	5:00am-9:00am 10:00am-8:30pm	5:00am-8:30pm	5:00am-9:00am 10:00am-8:30pm	7:00am-9:00am 9:00am-12:00pm <b>Lessons Only</b> 9/5/19-10/28/19 12:00pm-5:30pm	8:00am-5:30pm

\*Private Swim Lessons may occupy space during lap & open swim

### Competition Pool

LAP SWIM/DIVING BOAD AVAILABILITY						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:15am LANES 4-8	5:00am-6:15am LANES 4-8	5:00am-6:15am LANES 4-8	5:00am-6:15am LANES 4-8	5:00am-6:15am LANES 4-8	7:00am-7:30am ALL LANES	8:00am-12:00pm ALL LANES
	6:00am-7:15am <b>SWIM TEAM ONLY</b>		6:00am-7:15am <b>SWIM TEAM ONLY</b>		7:30am-9:00am <b>SWIM TEAM ONLY</b>	12:00pm-3:00pm <b>Diving Board Open</b>
6:15am-9:00am ALL LANES	7:15am-9:00am ALL LANES	6:15am-9:00am ALL LANES	7:15am-9:00am ALL LANES	6:15am-9:00am ALL LANES	9:00am-10:00am LANES 4-7	12:00pm-3:00pm LANES 4-7
9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	10:00am-12:00pm LANES 1-7	3:00pm-5:30pm ALL LANES
10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	12:00pm-3:00pm <b>Diving Board Open</b>	
4:00pm-6:15pm <b>SWIM TEAM ONLY</b>	4:00pm-6:15pm <b>SWIM TEAM ONLY</b>	4:00pm-6:15pm <b>SWIM TEAM ONLY</b>	4:00pm-6:15pm <b>SWIM TEAM ONLY</b>	4:00pm-6:15pm <b>SWIM TEAM ONLY</b>	12:00pm-3:00pm LANES 4-8	
6:15pm-8:30pm LANES 4-7	6:15pm-8:30pm LANES 4-7	6:15pm-8:30pm LANES 4-7	6:15pm-8:30pm LANES 4-7	6:15pm-8:30pm LANES 4-7	3:00pm-5:30pm ALL LANES	

- Swim Team Practice begins August 12
- Private Swim Lessons may occupy lanes during lap & open swim

### Water Fitness

WATER FITNESS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am <b>Hydro Training</b> Amy Competition	5:15am-6:00am <b>BOGAFIT (\$)</b> Begins 9/10 <b>Craig</b> Competition	5:15am-6:15am <b>Hydro Training</b> Amy Competition	5:15am-6:00am <b>BOGAFIT (\$)</b> Begins 9/12 <b>Craig</b> Competition	5:15am-6:15am <b>Hydro Training</b> Amy Competition		
9:00am-10:00am <b>Hydro H.I.I.T</b> Amy Competition/Leisure	9:00am-10:00am <b>Hydro Training</b> Zakiya Competition	9:00am-10:00am <b>Hydro Training</b> Julie Competition/Leisure	9:00am-10:00am <b>Hydro Training</b> Zakiya Competition	9:00am-10:00am <b>Hydro H.I.I.T</b> Amy Competition/Leisure	9:00am-10:00am <b>Boot Camp</b> Zakiya/Amy Competition	
6:15pm-7:15pm <b>Hydro Training</b> Heidi Competition	6:15pm-7:15pm <b>Hydro Training</b> Julie Competition	6:15pm-7:15pm <b>Hydro Training</b> Holly Competition	6:15pm-7:15pm <b>Hydro Training</b> Amanda G Competition			



## WATER FITNESS CLASS DESCRIPTIONS

### **BOGAFit**

Think boot camp mixed with yoga on a "FITMAT" on top of the water! You will sweat, laugh, and work hard all in the water all at once! Registration is open to members and non-members. 6 Week session is \$10 for members and \$20 for non-members.

### **Hydro-Training**

Hydro-Training will improve fitness level, develop muscle tone, and help with weight loss and strength your abdominals. Classes vary each week, involving variety of equipment and some deep water exercise.

### **Hydro H.I.T**

This pool based, intense workout gets your heart pumping and fat burning. Hydro H.I.T. improves muscle tone and strength through H-High I-Intensity T-Training.

### **Boot Camp**

Boot Camp is a high intensity water fitness program with the benefits of low impact exercise. Gets your heart rate pumping with skills and drills including a variety of equipment: medicine balls, swimming laps, bands, and of course a great attitude!

## ANKENY SWIM MEET SCHEDULE

Date	Time	Opponent	Location
Tuesday, September 3, 2019	5:30PM	Waukee	Trail Point Aquatics & Wellness
Tuesday, September 10, 2019	5:30PM	Indianola	Trail Point Aquatics & Wellness
Tuesday, October 8, 2019	5:30PM	Ames	Trail Point Aquatics & Wellness
Tuesday, October 15, 2019	5:30PM	Johnston	Trail Point Aquatics & Wellness
Tuesday, October 22, 2019	5:00PM	Ames, Dowling Catholic, Johnston	Trail Point Aquatics & Wellness
Thursday, October 24, 2019	5:00PM	Ames, Dowling Catholic, Johnston	Trail Point Aquatics & Wellness
Thursday, October 31, 2019	5:00PM	Ankeny Girls Swimming vs. IGHSAU	TBA
Saturday, November 2, 2019	12:00PM	Ankeny Girls Swimming vs. IGHSAU	TBA