

Leisure Pool

Lap Swim Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	5:00am-9:00am	5:00am-9:00pm	5:00am-9:00pm	5:00am-9:00am	7:00am-9:00am	8:00am-5:30pm
10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	12:00pm-5:30pm	

Open Family Swim Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	5:00am-9:00am	5:00am-9:00am	5:00am-9:00am	5:00am-9:00am	7:00am-9:00am	8:00am-5:30pm
10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	10:00am-8:30pm	9:00am-12:00pm Lessons Only	
					12:00pm-5:30pm	

Competition Pool

Lap Swim Availability/Diving Board Use						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:30am Lanes 4-8	5:00am-6:00am Lanes 4-8	5:00am-6:30am Lanes 4-8	5:00am-6:00am Lanes 4-8	5:00am-6:30am Lanes 4-8	7:00am-7:30am ALL LANES	8:00am-12:00pm ALL LANES
	6:00am-7:30am Swim Team Only		6:00am-7:30am Swim Team Only		7:30am-9:00am Swim Team Only	
6:30am -9:00am ALL LANES	7:30am-9:00am ALL LANES	6:30am -9:00am ALL LANES	7:30am-9:00am ALL LANES	6:30am -9:00am ALL LANES	9:00am-12:00am Lanes 4-6	
9:00am-10:00am Lanes 4-8	9:00am-10:00am Lanes 4-6	9:00am-10:00am Lanes 4-8	9:00am-10:00am Lanes 4-6	9:00am-10:00am Lanes 4-6	12:00pm-3:00pm Lanes 4-8	12:00pm-3:00pm Lanes 4-8
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 Diving Board Open	12:00pm-3:00pm Diving Board Open
4:00p-6:15p Swim Team Only	4:00p-6:15p Swim Team Only	4:00p-6:15p Swim Team Only	4:00p-6:15p Swim Team Only	4:00p-6:15p Swim Team Only	3:00pm-5:30pm ALL LANES	3:00pm-5:30pm Lanes 4-8
6:15pm-7:15pm Lanes 6-8	6:15pm- 7:15pm Lanes 6-8	6:15pm-7:15pm Lanes 6-8	6:15pm-7:15pm Lanes 6-8	6:15pm-8:30pm Lanes 6-8		
7:15pm-8:30pm Lanes 3-8	7:15pm-8:30pm Lanes 3-8	7:15pm-8:30pm Lanes 6-8	7:15pm-8:30pm Lanes 3-8			

Water Fitness

Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am Hydro Training Amy Competition	5:15am-6:00am B-Board (\$) Members Only Craig	5:15am-6:15am Hydro Training Amy Competition	5:15am-6:00am B-Board (\$) Members Only Craig	5:15am-6:15am Hydro Training Amy Competition		
9:00am-10:00am Hydro H.I.T Amy Leisure/Competition	9:00am-10:00am Hydro Training Zakiya Leisure	9:00am-10:00am Hydro Training Amy Leisure	9:00am-10:00am Hydro Training Zakiya Leisure	9:00am-10:00am Hydro H.I.T Amy Leisure/Competition	9:00am-10:00am Boot Camp Zakiya/Amy Competition	
6:15pm-7:15pm Hydro Training Heidi Competition	6:15pm-7:15pm Hydro Training Amy Competition	6:15pm-7:15pm Hydro Training Holly Competition	6:15pm-7:15pm Hydro Training Zakiya Competition			
		7:30pm-8:15pm BOGAFIT (\$) Molly				

WATER FITNESS CLASS DESCRIPTIONS

<p>BOGAfit/ B-Board Members Only - \$ Reservation Needed</p>	<p>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! Registration: Members August 20, 2018. Session begins September 10 Mondays 7:30pm-8:15pm</p>
<p>Hydro H.I.T</p>	<p>This is a pool based, intense workout! Get your heart pumping, burn fat; improve muscle tone and strength through H-High I-Intensity T-Training.</p>
<p>Boot Camp</p>	<p>This is a high intensity water fitness program that provides benefits of the pool, with little or no impact on joints. 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!</p>
<p>Hydro Training</p>	<p>Need to exercise but hate to sweat? Well you will still sweat here! Hydro Training allows part of our body weight to be suspended, leaving you able to work hard without the hard impact. The water provides a gentle atmosphere for your joints and allows full range of motion. You will get your cardio, strength and stretching all in this one class!</p>

**The Ankeny Swimming and Diving Teams
have meets on the following dates:**



DATE	DAY	TIME
November 20, 2018	Tuesday	4:00pm-Close
December 11, 2018	Tuesday	4:00pm-Close
December 13, 2018	Thursday	4:00pm-Close
January 3, 2019	Thursday	4:00pm-Close
January 17, 2019	Thursday	4:00pm-Close
January 19, 2019	Saturday	TBD
February 2, 2019	Saturday	TBD

During meets, the competition pool is closed and no water fitness classes will be held.