

Leisure Pool

Lap Swim Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	5:00am-8:30pm	5:00am-9:00am	5:00am-8:30pm	5:00am-9:00am	7:00am-9:00am	8:00am-5:30pm
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-8:30pm	5:00am-9:00am	5:00am-8:30pm	5:00am-9:00am	7:00am-9:00am	8:00am-5:30pm
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-9:00am ALL LANES	5:00am-6:30am LANES 4-8	5:00am-6:30am LANES 4-8	5:00am-6:15am LANES 4-8	7:00am-9:00am ALL LANES	8:00am-12:00pm ALL LANES
6:30am-9:00am ALL LANES	9:00am-10:00am LANES 4-8	6:30am-9:00am ALL LANES	6:30am-9:00am ALL LANES	6:15am-7:15am Tri-Racers (\$) LANES 4-8	9:00am-10:00am LANES 7-8	
9:00am-10:00am LANES 4-8	10:00am-4:00pm ALL LANES	9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	7:15am-9:00am ALL LANES	9:00am-12:00pm LANES 6-8	12:00pm-3:00pm LANES 4-8
10:00am-4:00pm ALL LANES	4:00pm-6:15pm LANES 4-8	10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	9:00am-10:00am LANES 4-8	12:00pm-3:00pm LANES 4-8	12:00pm-3:00pm Diving Board Open
4:00pm-6:15pm LANES 4-8	6:15pm-7:15pm LANES 5-6	4:00pm-6:15pm LANES 4-8	4:00pm-6:15pm LANES 4-8	10:00am-8:30pm ALL LANES	12:00pm-3:00pm Diving Board Open	3:00pm-4:00pm LANES 1-4
6:15pm-7:15pm LANES 5-6	7:15pm-8:30pm ALL LANES	6:15pm-7:15pm LANES 5-6	6:15pm-7:15pm LANES 5-6		3:00pm-5:30pm ALL LANES	3:00pm-4:00pm Tri-Racers (\$) LANES 4-8
7:15pm-8:30pm ALL LANES		7:15pm-8:30pm LANES 4-8	7:15pm-8:30pm LANES 4-8			4:00pm-5:30pm LANES 1-8

Water Fitness

Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am Hydro Training Amy Competition		5:15am-6:15am Hydro Training Amy Competition	5:15am-6:00am BOGAFIT (\$) Craig Competition	5:15am-6:15am Hydro Training Amy Competition		
9:00am-10:00am Hydro H.I.I.T Amy Competition/Leisure	9:00am-10:00am Hydro Training Zakiya Competition	9:00am-10:00am Hydro Training Julie Competition/Leisure	9:00am-10:00am Hydro Training Zakiya Competition	9:00am-10:00am Hydro H.I.I.T Amy Competition/Leisure	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 Skye Competition	6:15pm-7:15pm Hydro Training Zakiya Competition			
		7:30pm-8:15pm BOGAFIT (\$) CRAIG Competition				

WATER FITNESS CLASS DESCRIPTIONS

<p>BOGAFIT Open to Members and Non-Members \$ 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! You will sweat, laugh, and work hard all at once and in the H₂O! *6 week program- meets Wednesday 7:30pm-8:15pm or Thursday 5:15am-6:00am* Next session begins March 25, 2019 with new times!</p>
<p>Hydro-Training</p>	<p>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. Instructor may use the deep end for this class.</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>

The Ankeny Swimming and Diving Middle School Teams have meets on the following dates; 6:15 pm Water Fitness classes will not meet on those evenings:



DATE	DAY	TIME
February 26, 2019	Tuesday	4:00pm-Close
March 5, 2019	Tuesday	4:00pm-Close
March 12, 2019	Tuesday	4:00pm-Close