

<b>Leisure Pool LAP SWIM AVAILABILITY</b>						
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-5:30pm	8:00am-5:30pm

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

<b>OPEN FAMILY SWIM AVAILABILITY</b>						
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-5:30pm	8:00am-5:30pm
10:00am-8:30pm		10:00am-8:30pm		10:00am-8:30pm		

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

<b>Competition Pool LAP SWIM/DIVING BOARD AVAILABILITY</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:30am LANES 3-6	5:00am-9:00am ALL LANES	5:00am-6:30am LANES 3-8	5:00am-9:00am ALL LANES	5:00am-7:00am LANES 1-6	7:00am-9:00am ALL LANES	8:00am-12:00pm ALL LANES
5:00am-6:00am <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8				5:00am-6:00am <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8		
6:00am-7:00am <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8				6:00am-7:00am <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8		12:00pm-3:00pm <b>Diving Board Open</b>
7:00am-9:00am ALL LANES		6:30am-9:00am ALL LANES		7:00am-9:00am ALL LANES	9:00am-10:00am LANES 4-7	12:00pm-3:00pm LANES 4-8
9:00am-10:00am LANES 5-8	9:00am-10:00am LANES 5-8	9:00am-10:00am LANES 5-8	9:00am-10:00am LANES 5-8	9:00am-10:00am LANES 5-8	10:00am-12:00pm ALL LANES	3:00pm-5:00pm <b>Scuba Diving Class</b> LANES 1-3 3/1, 3/8
10:00am-12:00pm ALL LANES	10:00am-6:15pm ALL LANES	10:00am-6:15pm ALL LANES	10:00am-12:00pm ALL LANES		12:00pm-3:00pm <b>Diving Board Open</b>	3:00pm-5:00pm LANES 4-8
12:00pm-1:00pm <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8			12:00pm-1:00pm <b>TEAM SWIM</b> GROUP TRAINING LANES 7-8	10:00am-8:30pm ALL LANES	12:00pm-3:00pm LANES 4-8	
1:00pm-6:15pm ALL LANES	6:15pm-7:15pm LANES 4-7	6:15pm-7:15pm LANES 3-7	1:00pm-6:15pm ALL LANES		3:00pm-5:30pm ALL LANES	
6:15pm-7:15pm LANES 3-8	7:15pm-8:30pm ALL LANES	7:15pm-8:30pm LANES 1-7	6:15pm-7:15pm LANES 3-8			
7:15pm-8:30pm ALL LANES			7:15pm-8:30pm ALL LANES			

<b>WATER FITNESS</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am <b>Hydro Training</b> Amy Competition	5:15am-6:00am <b>BOGAFIT (\$)</b> Craig Competition (3/3)	5:15am-6:15am <b>Hydro Training</b> Amy Competition	5:15am-6:00am <b>BOGAFIT (\$)</b> Craig Competition (3/5)	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	12:00pm-12:45pm <b>Aqua Kickboxing (FAM)</b> Heidi/Lowell/Amber Competition
6:15pm-7:15pm <b>Aqua Kickboxing</b> Heidi/Lowell Competition	6:15pm-7:15pm <b>Hydro Training</b> Julie Competition	6:15pm-7:15pm <b>Hydro Training</b> Amanda G Competition	6:15pm-7:15pm <b>Hydro Training</b> Holly 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!

### **Aqua Kickboxing**

This shallow water non-stop, circuit-style workout will take you through 8-12 rounds of cardio, punches, kicks and core. Get into the ring with this fun and powerful TKO of a workout! Kickboxing on Sunday is family friendly.