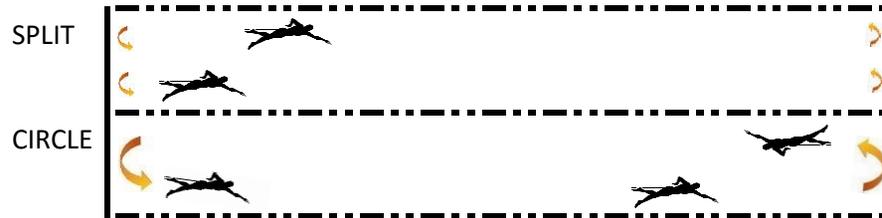


## POOL GUIDELINES

- All swimmers need to take a cleansing shower prior to entering the pool
- Children (under 16 years old) must be supervised at all times while in the pool area. Children under age 12 are only permitted in the pool during Family Swim Times. Children ages 12 and older who are capable of swimming without assistance may swim during Lap Times.
- Young children need to wear appropriate swim diaper and rubber pants
- Lanes may be designated for private lessons at any time
- **SPLIT** the lane for 2, or **Circle Swim** when 3 or more, when needed to accommodate all members
- Safety rules must be followed at all times including no diving and no running on the deck
- The Club reserves the right to adjust the pool schedule at any time



### Aqua Class Descriptions

<b>AQUACISE</b>	Invigorating 45-minute multi-level class from head to toe without the use of any equipment.
<b>AQUAFIT</b>	Avoid joint pain and strain in this lively water aerobics class designed to challenge your heart and muscles.
<b>CARDIO SCULPT</b>	Condition and sculpt your entire body combining cardiovascular movements with strength and resistance training, plus abdominal work and stretching.
<b>HYDRO CHALLENGE</b>	Sports interval training combining repetitions of high-speed/intensity work followed by periods of recovery focused on resistance and core strength.
<b>LOUD &amp; PROUD</b>	Get ready to make some noise! Sing, laugh, grunt, shout the hour away while stimulating your body and refreshing your spirit.
<b>SPLASH TRACK</b>	Mix it up in this energetic class fusing intervals of strength exercises with aerobic intervals giving you the benefits of both a cardio & strength workout
<b>WET &amp; WILD</b>	Get your body stronger while stabilizing the core in this dynamic total body workout - all in just one hour!

*We believe even a little Group AQUA is better than none. If you can only practice for a short duration we suggest that you arrive on time, stay to the back of the class and allow at least 5 minutes for cool down before leaving quietly.*

**THE GROUP SCHEDULE IS A ROTATING SCHEDULE.**

*The management reserves the right to make schedule changes as necessary.*

**Classes with poor attendance are subject to cancellation.**

**POOL Hours**  
**Monday-Thursday**  
 5:15am -10:30pm  
**Friday**  
 5:15am—8:30pm  
**Saturday & Sunday**  
 7am—7:30pm

**Play Care**  
**Monday - Thursday**  
**8:30am - 1:30pm AND**  
**4:00pm - 7:30pm**  
**Fridays**  
 8:30am - 1:30pm  
**Saturdays**  
 8:00am - 1:00pm  
 (space is limited  
 reservations required)  
 Phone (781) 894-7010

