

POOL GUIDELINES

- All swimmers need to take a cleansing shower prior to entering the pool
- Children must be supervised at all times while in the pool area. Children under age 12 are only permitted in the pool during designated 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
- During Lap Swim times we ask that members who are water exercising use the lane closest to the stairs.
- Please be courteous and respectful of your fellow members and willingly share the pool space
- 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

POOL Hours

Monday-Thursday

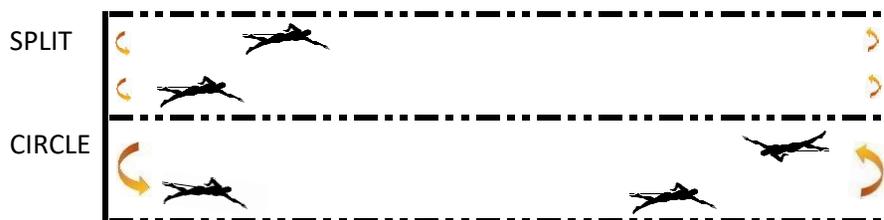
5:00am - 9:30pm

Friday

5:00am—8:30pm

Saturday & Sunday

7am—7:30pm



Aqua Class Descriptions

- AQUACISE** Invigorating 45-minute multi-level class from head to toe without the use of any equipment.
- AQUA BURST** Build Cardiovascular and Muscular Fitness in this high intensity 60-minute water aerobics class blending cardio, wall work, and strength training with buoys.
- AQUAFIT** Avoid joint pain and strain in this lively water aerobics class designed to challenge your heart and muscles.
- CARDIO SCULPT** Condition and sculpt your entire body combining cardiovascular movements with strength and resistance training, plus abdominal work and stretching.
- HYDRO CHALLENGE** Sports interval training combining repetitions of high-speed/intensity work followed by periods of recovery focused on resistance and core strength.
- LOUD & PROUD** Get ready to make some noise! Sing, laugh, grunt, shout the hour away while stimulating your body and refreshing your spirit.
- SPLASH TRACK** 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

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.

Kids Club

Monday - Thursday

8:30am - 1:30pm AND

4:00pm - 7:30pm

Fridays

8:30am - 1:30pm

Saturdays

8:00am - 1:00pm

Sundays

8:30am - 12:30pm

(Reservations Recommended)