

| April 2024 Activity Pool Schedule (84 Degrees) |                                     |                                   |                                     |                                   |                                     |
|--|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|
|  | <u>Mon</u>                          | <u>Tues</u>                       | <u>Wed</u>                          | <u>Thur</u>                       | <u>Fri</u>                          |
| 7:00 - 9:30                                    | Lap Swim                            | Lap Swim                          | Lap Swim                            | Lap Swim                          | Lap Swim                            |
| 9:30 - 10:25                                   | 1/2 Open / 1/2 Lap                  | 1/2 Open / 1/2 Lap                | 1/2 Open / 1/2 Lap                  | 1/2 Open / 1/2 Lap                | 1/2 Open / 1/2 Lap                  |
| 10:30 - 11:25                                  | <b>Hydro Fit<br/>Noodle Workout</b> | <b>SilverSneakers®<br/>Splash</b> | <b>Hydro Fit<br/>Noodle Workout</b> | <b>SilverSneakers®<br/>Splash</b> | <b>Hydro Fit<br/>Noodle Workout</b> |
| 11:35 - 12:30                                  | <b>SilverSneakers®<br/>Splash</b>   | Open Swim                         | <b>SilverSneakers®<br/>Splash</b>   | Open Swim                         | <b>SilverSneakers®<br/>Splash</b>   |
| 12:50 - 1:45                                   | <b>Aqua Zumba</b>                   | Open Swim                         | <b>Aqua Zumba</b>                   | Open Swim                         | <b>Aqua Zumba</b>                   |
| 1:45 - 3:00                                    | Open Swim                           | Open Swim                         | Open Swim                           | Open Swim                         | Open Swim                           |
| 3:00 - 7:00                                    | Lap Swim                            | Lap Swim                          | Lap Swim                            | Lap Swim                          | Lap Swim                            |

| Therapy Pool Schedule (90 degrees) |                         |                        |                         |                        |                         |
|------------------------------------|-------------------------|------------------------|-------------------------|------------------------|-------------------------|
|                                    | <u>Mon</u>              | <u>Tues</u>            | <u>Wed</u>              | <u>Thur</u>            | <u>Fri</u>              |
| 7:00 - 7:30                        | Open Swim               | Open Swim              | Open Swim               | Open Swim              | Open Swim               |
| 7:30 - 8:25                        | <b>Joints in Motion</b> | Open Swim              | <b>Joints in Motion</b> | Open Swim              | <b>Joints in Motion</b> |
| 8:30 - 9:00                        | Open Swim               | Open Swim              | Open Swim               | Open Swim              | Open Swim               |
| 9:00 - 9:55                        | <b>Joints in Motion</b> | Open Swim              | <b>Joints in Motion</b> | Open Swim              | <b>Joints in Motion</b> |
| 10:00 - 10:55                      | <b>Water Aerobics</b>   | Open Swim              | <b>Water Aerobics</b>   | Open Swim              | <b>Water Aerobics</b>   |
| 11:00 - 2:00                       | Open Swim               | Open Swim              | Open Swim               | Open Swim              | Open Swim               |
| 2:00 - 3:00                        | <b>Open Volleyball</b>  | <b>Open Volleyball</b> | <b>Open Volleyball</b>  | <b>Open Volleyball</b> | <b>Open Volleyball</b>  |
| 3:00 - 4:00                        | Open Swim               | Open Swim              | Open Swim               | Open Swim              | Open Swim               |
| 4:00 - 4:30                        | Open Swim               | Open Swim              | Open Swim               | Open Swim              | Open Swim               |
| 4:30 - 5:25                        | Open Swim               | <b>Water Aerobics</b>  | Open Swim               | <b>Water Aerobics</b>  | Open Swim               |
| 5:30 - 7:00                        | Open Swim               | Open Swim              | Open Swim               | Open Swim              | <b>Open Volleyball</b>  |

**Saturday Hours: 8:00 AM - 12:00 PM OPEN SWIM**

**Registration is required for all classes.**

Please see other side for additional class information and description.

**FREE CLASSES**

The last 5 business days of each month is  
**FREE WEEK! Try it out to see if you like it!**

## Class Descriptions

AP=Activity Pool TP=Therapy Pool

### Aqua Zumba®

**M/W/F: 12:50 -1:45**

**\$35/month**

**(AP)**

#### **Instructor:**

**Taeko Coslett**

Integrating the Zumba® philosophy with traditional water fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout. This class is cardio-conditioning, exhilarating, and body-toning. Free to Silver & Fit members.

### Hydro Fit Noodle Workout

**MWF: 10:30 - 11:25**

**\$25/month**

**(AP)**

#### **Instructor:**

**Joetta Schork**

A medium to heavy pool workout designed to improve over all body toning and flexibility as well as cardio conditioning. This noodle class is creative and fun for all ability levels.

### Joints In Motion

**MWF: 7:30 - 8:25, MWF: 9:00 - 9:55,**

**\$25/month**

**(TP)**

#### **Instructor:**

**Joetta Schork**

Exercise to enhance flexibility, balance, posture, range of motion, coordination, as well as increase circulation.

### SilverSneakers® Splash

**MWF: 11:35 - 12:30, \$25/month**

**T/TH: 10:30-11:25, \$20/month**

**(AP)**

#### **Instructors:**

**MWF: Jenni Martin**

**T/Th: Joneen Copeland**

This class offers shallow water movements that improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special kickboard can be used to develop strength, balance, and coordination. Free to SilverSneakers members.

### Water Aerobics

**MWF: 10:00-10:55, \$25/month**

**T/TH: 4:30-5:25, \$25/month**

**(TP)**

#### **Instructor:**

**MWF: Elizabeth Johnston**

**T/TH: Moyer/Copeland**

This water class includes different variations of movements to improve heart health, coordination, balance, and strength.

**Open Volleyball** - Free play of hitting a beach ball around in the Therapy Pool. Open to anyone. No registration required.

**Quiet Swim Time** - Tues and Thurs 3:00 - 4:30 PM. Music Free swim time.

»Please shower before entering the pool.

»Lane sharing is necessary and expected.

»Pool shoes are required on decks and in locker rooms.

»Please socially distance and be courteous!