

AQUATIC GROUP EXERCISE

LAP POOL SCHEDULE

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00AM	4	4	4	4	4	Pool Opens 7:00AM	
6:00-8:15AM	4	4	4	4	4	4	
8:00-9:00AM	Aqua Splash 2	Aqua Splash 2	Aqua Splash 2	Aqua Splash 2	Aqua Splash 2		
9:00-10:00AM	4	Aqua Groove 2	4	Aqua Groove 2	4	4	
10:00-11:00AM	H2O BC 1		H2O BC 1		H2O BC 1		
11:00-1:15PM	4	4	4	4	4	4	
1:15-3:30PM	4	1:30PM MC PE	4	1:30PM MC PE	4	4	4
3:30-5:30PM	MAKOS 1		MAKOS 1		MAKOS 1	Pool Closes 4:45PM	Pool Closes 5:45PM
5:30-6:00PM	4	4	4	4	4	Please note that the lap pool may be used for swim lessons if necessary. PLEASE WEAR APPROPRIATE CLOTHING IN POOL. NO LOTIONS, OILS, or PERFUME	
6:00-6:45PM	H2O Robics 2	Aqua Splash 2	H2O Robics 2	Aqua Splash 2			
6:45-7:45PM							

Aqua Splash: Just add water & shake! Have fun & shake off the calories in this 45 min cardio dance class in the water.

H2O BC (Bootcamp): A 45 min high-paced & fun workout combining cardio & strength

H2O Robics: 45 mins of cardio exercise with toning intervals utilizing equipment to burn calories & increase endurance!

Aqua Groove: A combination of music with a variety of different dance styles, kickboxing, and balance technique strategies to help you overcome every day challenges.

THERAPY POOL SCHEDULE

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45AM						Pool Opens @7:00 AM	
8:30-9:15PM							
9:00-9:45AM	Gentle Currents		Gentle Currents		Gentle Currents	Family Time 10:00AM- 4:30PM	Pool Opens @1:00PM Family Time 1:00-5:30PM Pool Closes 5:30PM
10:15-11:45AM							
12:00-2:00PM							
2:00-2:45PM							
4:30-7:30PM						Pool Closes 4:30PM	
5:15-6:00PM		Gentle Currents		Gentle Currents			
6:00-7:45PM	Family Swim 6pm-8pm	Family Swim 6pm-8pm	Family Swim 6pm-8pm	Family Swim 6pm-8pm	Family Swim 6pm-8pm	Family Swim 6pm-7:30pm	

Gentle Currents: 45 mins of light movements and low intensity exercises to increase flexibility, mobility, strength & range of motion.

POOL RULES

- Lifeguards are only available during designated family times. At other times, please use the pools at your own risk. **NO CHILDREN 12 & UNDER UNLESS IT IS FAMILY TIME!**
- Appropriate swimwear must be worn in the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room. (Lycra, Polyester & Nylon are the only acceptable fabrics.)
- Please shower before entering the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room.
- Food & Drink are not allowed in the pool or on the pool deck or other wet areas.
- Please avoid using any electrical equipment around the pools.
- Please use caution when walking; pool deck may be slippery.
- Please use handrails when entering and exiting pools.
- No running, jumping, diving or horseplay in the pool or on the pool deck.
- No hanging on lane-lines in lap pool or safety rope in the therapy pool.
- No walking on pool deck with flippers on.
- Kickboards, buoys, fins, and water fitness equipment are for instructional use and swimmers only.
- Aquatic classes and swim lessons are held in both lap and therapy pools. Please refer to our aquatic schedule for class days and times.
- Spitting, spouting or nose-blowing are not allowed in the pool.
- Persons with communicable diseases are not allowed in the pool. These include any open wounds or sores that might expose bodily fluid to the water.
- The pool(s) will close 12-24 hours for removal and disinfection whenever fecal matter, blood, or vomit is observed.
- **NO CELL PHONES IN POOLS, WHIRLPOOLS, OR COLD PLUNGES. NO PICTURES OR VIDEOS MAY BE TAKEN.**

ALL OTHER RULES ENFORCED BY POOL STAFF MUST BE OBEYED.

Teens ages 13-15

- Members ages 13-15 are welcome to swim and use the whirlpool, cold plunge, sauna and steam room at any time but must have direct parental supervision (18 & older). Members ages 13-15 may become certified to swim without adult supervision (18 & older) through the Teen Fitness Program. The adult supervisor, who assumes full responsibility of the teen, must be present at all times within The Healthplex.

Children ages 12 & under

- Children 12 years & under are not allowed in the lap pool, whirlpools, whirlpools, cold plunges, steam rooms or saunas at any time.
- Children 12 years & under are welcome to swim in the therapy pool but only during designated family swim time hours with direct adult supervision (18 & older)
- Swim belts are recommended for children 12 & under who do not swim proficiently.
- Children who are not toilet-trained and are less than four years old may swim but must wear a swimsuit diaper. Cloth or disposable diapers are not accepted. Plastic pants are recommended over swim diaper. 30-minute bathroom breaks are enforced to avoid accidents.

For questions please contact Corey Hulett @ 601-925-7946