

SUMMER 2010 CLASS SCHEDULE



AQUATIC CLASSES LAP POOL

MON	TUES	WED	THUR	FRI	SAT
8:30 am Aqua-Jogger* ℓ		8:30 am Aqua-Jogger* ℓ		8:30 am Aqua-Jogger* ℓ	
9:15 am Advanced Aqua-Jogger		9:15 am Advanced Aqua-Jogger		9:15 am Advanced Aqua-Jogger	9:15 am Aqua-Jogger* ℓ
10:00 am - Noon ISR		10:00 am - Noon ISR		10:00 am - Noon ISR	
4:00 pm - 5:15 pm ISR	4:00 pm - 5:15 pm ISR	4:00 pm - 5:15 pm ISR	4:00 pm - 5:15 pm ISR	4:00 pm - 5:15 pm ISR	
5:30 pm Advanced Aqua-Jogger		5:30 pm Advanced Aqua-Jogger			

AQUA JOGGER:

Cool water suspended exercises utilizing a buoyancy belt. This non-impact class can also help speed recovery of overstrained muscles and joints. For all levels. Forty-five minutes.*

ADVANCED AQUA JOGGER:

A truly challenging 45-minute workout. Suspended exercises are basic non-dance moves which build aerobic capacity, muscle conditioning and flexibility.

INFANT SAFETY RESCUE (ISR):

Private instruction. Teaching children ages 6 months to 6 years how to save themselves in a water emergency. (south lane in use during these times)

- All pool classes are coed.
- The lap pool will be closed during organized classes.
- Child care is available during specified times.
- Class schedule effective June 2010, subject to change.

* Appropriate for prenatal/postnatal members.

Appropriate for oncology patients with physician approval.

Aquatic orientation available to member. Schedule at Member Services Desk.

