

Description of Pool Activities

Lap – Lap Swim available for members 18 years and older unless approved by the Aquatic Director.

WW – Water Walking – Low impact exercise designed to strengthen muscles and increase cardiovascular health. May water walk in either deep or shallow end.

Aqua Cardio-Strengthening

9:00-10:00 a.m. -Water aerobics for participants of all levels and ages. Exercise at your own pace. M-F

1:00-2:00 p.m. - Water Exercise low impact – M-W-F

6:00-7:00 p.m. - Water aerobics for all levels – Monday

6:00-7:00 p.m. – SilverSplash® for participants of all levels and ages -Wednesday

5:30-6:30 p.m. - Water aerobics for participants of all levels and ages - Friday

Open – Youth and Adult swim.

***Program Fees – see brochure**

Water Rockets Swim Team – For youth age 5-18 years of age. Participants must be able to swim a strong 50 yard of each competitive stroke before joining.

Lessons – For youth 6 months and older

Morning classes – 3 years and older – June - August

Evening classes – 6 months and older – year round

Definitions of Pool Abbreviations

LAP / WW - Lap Swim & Water Walking in lap pool.

AQUA-CARDIO/ LAPS - Aqua-Cardio & Lap Swim in lap pool.

OPEN / LAP / WW -Open Swim, Lap Swim & Water Walking in lap pool.

LAP / WW - Swim Lessons, Lap Swim, & Water Walking in lap pool.

LAP / ST WR - Lap Swim and Water Rockets Practice.

AQUA-CARDIO -Aqua Cardio classes in lap pool.

LESSONS - Pools closed. Swim Lessons Only.

Check 2017 Program Brochure for more information.