



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THERAPY POOL SCHEDULE

**Must be 18 years old*

Monday – Friday	7:00 – 9:00a 11:00a – 1:00p
Monday – Thursday	4:30 – 7:00p
Saturday	10:00a – 12:00p

FAMILY FUN WATERPARK SCHEDULE

**Includes: 0-depth play area, lazy river & water slide*

Friday	5:00 – 8:00p
Saturday	12:00 – 4:00p
Sunday	11:00a – 3:00p

WATER EXERCISE CLASS SCHEDULE

Aqua Zumba

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

Competition Pool	Monday Wednesday	5:30 – 6:15p 5:30 – 6:15p
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Fun Fit H2O

If you are looking for a fun exercise class in the pool, JOIN US! Whatever your age or fitness level, H2O is a warm water exercise that's gentle on the joints. It's an especially effective option if you're suffering from arthritis or recovering from a recent injury.

Competition Pool	Monday, Wednesday & Friday	8:00 – 9:00a
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Fluid Fusion

Experience water resistance and the advantages of water exercise in this shallow and deep water exercise class.

Competition Pool	Tuesday & Thursday	8:30 – 9:20a
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SliverSplash

A SilverSneakers® kickboard is used to increase strength and to enhance stability and balance in the water. Members with arthritis or other joint issues will find the water comforting and the non-impact workout invigorating. You don't need to know how to swim.

Competition Pool	Tuesday & Thursday	9:30 – 10:30a
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Water Walking

It is fun and easy with long-lasting results. Improve your endurance and get a great workout! Thirty minutes of brisk water walking equals one hour of land walking. Walk the River Circle and chart your miles.

Leisure Pool/Lazy River	Monday & Wednesday Tuesday & Thursday	6:00 – 7:00p **New Time! 9:00 – 10:30a
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