

# BETTY CLARK INDOOR POOL



(30ft X 60ft., 1mile = 88 lengths) Pool schedule subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 AM Lap Swim	5:30 AM Lap Swim	5:30 AM Lap Swim	5:30 AM Lap Swim	5:30 AM Lap Swim	Effective 12/1/2016 7:00 AM
7:00 AM Lap Swim	8:15 AM Aqua Movements + Wet Workout	8:30 AM Aqua Movements Deep Water	8:15 AM Silver Splash Wet Workout	8:30 AM Aqua Movements Deep Water	8:15 AM Silver Splash Wet Workout	Lap Swim 9:00 AM Aqua Zumba
10:30 AM IPAP Swim Class	10:00 AM Early Childhood Swim Lessons	Fusion (Advanced)	10:00 AM Early Childhood Swim Lessons	Fusion (Advanced)	10:00 AM Early Childhood Swim Lessons	10:00 AM
*1/2 Open*	10:30 AM Aqua Movements *Deep end Open*	10:30 AM Silver Splash	10:30 AM Aqua Movements + *Deep end Open*	10:30 AM Silver Splash	10:30 AM Golden Waves *Deep end Open*	1/2 Adult Swim & 1/2 Lap Swim
11:00 AM Women Only						
11:30 AM *Family Swim*	11:30 AM Arthritis Class	11:30 AM *1/2 Open* / Lap	11:30 AM Arthritis Class	11:30 AM Golden Waves *Deep end Open*	11:15 AM Arthritis Class	1:00 PM Swim Lessons
	12:15 PM Adult Lap Swim					2:00 PM
	1:15 PM Swim Lessons 1/2 Lap Swim					*Family Swim*
2:30 PM Swim lessons & *1/2 Open Swim*	2:00 PM 1/2 Adult Swim *1/2 Family Swim*	2:00 PM Aqua Aerobics	2:00 PM 1/2 Adult Swim *1/2 Family Swim*	2:00 PM 1/2 Adult Swim *1/2 Family Swim*	2:00 PM 1/2 Adult Swim *1/2 Family Swim*	3:00 PM 1/2 Open 1/2 Lap
4:00 PM Adult Lessons 1/2 Lap Swim	3:00 PM *1/2 Open* / Lap	3:00 PM *1/2 Open* / Lap	3:00 PM *1/2 Open* / Lap	3:00 PM *1/2 Open* / Lap	3:00 PM *1/2 Open*	4:00 PM *1/2 Open*
5:00 PM Adult Swim 1/2 Lap Swim	4:00 PM Swim Lessons & 1 Lap Lane				& 1/2 Lap	1/2 SCUBA
6:00 PM Swim Team	5:00 PM Lap Swim	5:00 PM Lap Swim	5:00 PM Lap Swim	5:00 PM Lap Swim	5:00 PM Lap Swim	5:30 PM Adult Lessons 1/2 SCUBA
*Children must be* SUPERVISED in the pool during both family & Open Swim	6:00 PM Swim Team Wet Workout	6:00 PM Swim Team *Family Swim*	6:00 PM Boot Camp Class Wet Workout	6:00 PM Swim Team *1/2 Open Swim*	6:00 PM Swim Team Pool Closing 9:45 PM Mon.-Thur. 6:45 PM Fri-Sun	6:00 PM 1/2 Lap/SCUBA *Children must be* SUPERVISED in the pool during both family & Open Swim
	7:00 PM *1/2 Open Swim*	8:00 PM *Open Swim*	7:00 PM *1/2 Open Swim*	8:00 PM 1/2 Lap Swim 8:30 PM Water Polo		

Please be advised: For everyone's safty the indoor pool will closed due to thunder and lighting. The Peak period for the indoor pool is 6:15 am - 7:45 am. All shaded areas of the schedule require a fee and all non-shaded areas no fee is required. Also pool parties may take place between 11:00 am -1:00 pm on Saturdays, and between 12:00 noon - 2:00pm on Sundays.

**Aqua Movement:** This aqua fitness class is held in the shallow water for participants who are seeking a less intense workout. Classes will use water's natural resistance along with aquatic equipment for increasing muscular strength, endurance, flexibility and cardiovascular efficiency.

**Aqua Movements Plus:**

**Aqua Zumba:** Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

**Deep Water Fusion:** Exercise without impact. This class provides participants with high-intensity training through a variety of movements. Water exercise belts are used for flotation that allows free movement of arms and legs for the ultimate non-impact exercise.

**Golden Waves:** Low-intensity water class designed to maintain & improve balance, strength & endurance.

**SilverSneakers Splash:** Activate your aqua urge for variety! SilverSplash offers fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

**Water Exercise for Arthritis:** This shallow-water exercise class is specifically designed for people with arthritis. The focus is on stretching and strengthening muscles without stressing the joints.

**Wet Workout:** This class utilizes the resistance of water in both deep and shallow water. Through the use of water fitness equipment you can increase cardio respiratory strength and endurance while maintaining joint flexibility.