

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 9/17/2018
7:00 AM Lap Swim	8:15 AM Aqua Movements Plus Wet Workout	8:30 AM Aqua Movements Deep Water Fusion (Advanced)	8:15 AM Silver Splash Wet Workout 10:00 AM Early Childhood Swim Lessons	8:30 AM Aqua Movements Deep Water Fusion (Advanced)	8:15 AM Aqua Zumba 9:00 AM Wet Workout 10:00 AM Early Childhood Swim Lessons	7:00 AM Lap Swim 9:00 AM Aqua Zumba 10:00 AM
1/2 Open	10:30 AM Aqua Movements *Deep end Open*	10:30 AM Silver Splash	10:30 AM Aqua Movements Plus *Deep end Open*	10:30 AM Silver Splash	10:30 AM Aqua Flow *Deep end Open*	1/2 Adult Swim & 1/2 Lap Swim
11:00 AM Women Only	11:30 AM Arthritis Class	11:30 AM 1/2 Open & 1/2 Lap	11:30 AM Arthritis Class	11:30 AM 1/2 Open & 1/2 Lap	11:30 AM 1/2 Open & 1/2 Lap	1:00 PM Swim Lessons
Family Swim	12:15 PM Adult Lap Swim					2:00 PM
	1:00 PM Swim Lessons 1/2 Lap Swim					*Family Swim*
2:30 PM Swim Lessons 1/2 Lap Swim	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*	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 Open 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* & 1/2 Lap	4:00 PM *1/2 Open* 1/2 Lap
5:00 PM Adult Swim 1/2 Lap Swim	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 Lap
6:00 PM Swim Team	6:00 PM Swim Team	6:00 PM Swim Team	6:00 PM Boot Camp Class	6:00 PM Swim Team	6:00 PM Swim Team	6:00 PM 1/2 Lap/Open
Children must be SUPERVISED in the pool during both family & Open Swim	7:00 PM Wet Workout 8:00 PM *1/2 Open Swim* 1/2 Lap Swim	8:00 PM *Family Swim* 9:00 PM *Open Swim*	7:00 PM Wet Workout 8:00 PM *1/2 Open Swim* 1/2 Lap Swim	8:00 PM *1/2 Open Swim* 1/2 Lap Swim 8:30 PM Water Polo	Pool Closing 9:45 PM Mon.-Thur. 6:45 PM Fri-Sun	*Children must be* SUPERVISED in the pool during both family & Open Swim

Please be advised: For everyone's safety the indoor pool will closed due to thunder and lightning. 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 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.