

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	5:30 AM Lap	5:30 AM Lap	5:30 AM Lap	Effective 7/8/2019
7:00 AM Lap Swim	8:15 AM Aqua Movements Plus	8:30 AM Open Swim	8:15 AM Silver Splash	8:30 AM Open Swim	8:15 AM Silver Splash	7:00 AM Lap Swim
10:30 AM IPAP Swim Class	10:00 AM Camp Gan Boys Only	9:30 AM Deep Water Fusion (Advanced)	10:00 AM Camp Gan Girls Only	9:30 AM Deep Water Fusion (Advanced)	10:00 AM Open Swim	10:00 AM Aqua Zumba
1/2 Open	10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	1/2 Adult Swim & 1/2 Lap Swim
11:00 AM Women Only	Arthritis Class *Deep end Open*	Silver Splash	Aqua Movements Plus *Deep end Open*	Silver Splash	Aqua Flow *Deep end Open*	
11:30 AM *Family Swim*	11:30 AM Camp Gan Girls Only	11:30 AM 1/2 Open & 1/2 Lap	11:30 AM Camp Gan Boys Only	11:30 AM 1/2 Open & 1/2 Lap	11:30 AM 1/2 Open & 1/2 Lap	1:00 PM Swim Lessons
1:00 PM 1/2 Open & 1/2 Lap	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*	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 Adult Swim	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 *1/2 Open Swim*	8:00 PM *Family Swim* *Open Swim*	7:00 PM Wet Workout *1/2 Open Swim*	8:00 PM *1/2 Open Swim* 1/2 Lap Swim 8:30 PM Water Polo	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.

Adult Swim (whole indoor pool - some exception):

Is available for members 18 years and older who wish to participate in non-lap swim activities and work out independently. *** Lap swim is NOT available during adult swim unless schedule permits ***

Aquatic Classes (whole indoor pool - some exception):

Aquatic classes uses the entire indoor pool with the exception of Monday, Wednesday & Friday from 10:30am-11:30am
Deep end of pool will be available for open/family or short lap swim

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.

Lap Swim (whole indoor pool):

Lap swim is available to members who are capable of swimming continuously from one end of the pool to the other. Lap lanes can be shared by up to 8 swimmers. If more than 3 swimmers are in any one lane those swimmers must circle swim to ensure maximum safety and swimmer experience.

Camp Gan July 8th - August 15.

PADI Seal Team Scuba Camp: (8/19 - 8/23 & 8/26 - 8/30). Half on Indoor pool from 1:00pm-4:00pm

Open Swim/Family Swim (whole indoor pool):

The indoor pool is available for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children 12 years old and under must be accompanied in the water by an adult. ***Lap swim is NOT available during open/family swim unless schedule permits***

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.

Swim Team (whole indoor pool):

Swim team practice uses the entire indoor pool.

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.

Please refer to the pool schedule for all scheduled class and programs.