

Lap Pool Schedule

Program/Activity Description	Dates for	Instructor	Ages	Time Block	Cost
Lap Swim - Need time to swim? We offer several different time options. Whether your choice is swimming laps, aqua jogging or just doing your own thing we have a time to fit your needs.	N/A	N/A	Teens, Adults, & Seniors	7am-8:30am (M-F) 11:30am-1:30pm (M-F) 7:00pm-8:45pm (M-TR) 11am-1pm (Sat)	\$2 per session Monthly pass available
Senior Lap Swim - Our senior lap swim times are offered to individuals 55 years of age or older.	N/A	N/A	Seniors	1:30pm-3:30pm (M-F)	\$2 per session Monthly pass available
Morning Water Aerobics – Start your day with a shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided.	Ongoing	Heidi Perry	Teens, Adults, & Seniors	9am-10am (MWF)	\$3 per class \$25 per month
Evening Water Aerobics - Get in shape, this shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided.	Ongoing	Heidi Perry	All Ages	6pm-7pm (T, TR)	\$3 per class \$25 per month
AquaMix - Looking for a challenging workout? Get in over your head with us for some intense water aerobics. This class uses floatation belts to keep you afloat while doing exercises in deep water. The focus is on toning, cardiovascular strength, endurance and core work. No swimming skills are needed. All equipment is provided.	Ongoing	RoAnne Onks	Teens, Adults, & Seniors	9:15am-10:15am (T,TR)	\$3 per class
Cardio Waves - This is a high intensity water aerobics program geared towards individuals who are looking to push their limits! All equipment is provided.	Ongoing	Heidi Perry	Teens, Adults, & Seniors	6pm-7pm (MWF)	\$3 per class \$25 per month
Open Swim - Recreation swim is perfect for bringing the kids to play. Children 12 and under must be accompanied by someone at least 16 years of age or older. Any child 6 or younger must be within arm's length of an adult, 16 years or older at all times. Also, any child who requires flotation devices of any kind must be within arm's reach of an adult at all times.	Ongoing	N/A	All ages	4pm-5:45pm (MWF) 7pm-8:45pm (F) 1pm-4:30pm (Sat)	\$2 per child (12&under) \$3 per adult (13&up)
Power Walking: This shallow water locomotion class is perfect for those who need a workout but require a low impact program. A doctor's clearance is advised before participating in the class.	Ongoing	Heidi Perry	All Ages	10am-10:45am (M,W,F)	\$3 per class \$25 per month

*****All pools are closed Tuesdays and Thursdays from 4:00pm-6:00pm*****

Therapy Pool Schedule

Program/Activity Description	Dates for Registration	Instructor	Ages	Time Block	Cost
Arthritis- Have a form of arthritis? This is an activity that can help manage the symptoms of arthritis. This class helps get you moving with a low impact exercise. It is held in our therapy pool which is equipped with a handicap lift.	Ongoing	Heidi Perry	50+	11:00am-11:40am (T,TR)	\$3 per class \$25/month
Adult Only Open Therapy – An adult only time for therapy that you can engage in activities of your choice to fit your therapeutic needs. This pool is for low impact swimming. You will not be allowed to jump or make big waves. <i>17 and Under: May ask permission from staff before entering therapy pool.</i>	N/A	N/A	Adults & Seniors	7am-8:45pm (M,W,F) 7am-11am (T,TR) 12:45pm-8:45pm (T,TR) 9am-4:30pm (Sat)	\$2 per visit \$25 per month
SilverSneakers @ Splash - A fun program geared towards senior citizens looking to improve the quality of their social life and physical well-being.	Ongoing	Heidi Perry	Seniors	11:45am-12:45pm (T,TR)	\$3 per class Certain Insurances might cover this fee.
Teaching Pool					
Mommy and Me – Enjoy Mommy and Me swim time with your children!	Ongoing	N/A	4 and under	June-Aug 1:00pm-2:00pm (M-F) Sept. – May 12:00pm-1:00pm (M-F) 12:00pm-1:00pm (Sat)	\$1 per visit
Home School Swim - Enjoy fun swim time in the pool! Parents are welcome to join in.	Ongoing	N/A	17 & under (Parents welcome)	2:00pm-4:00pm (T, TR)	\$2 for 12 & under \$3 for 13 & over

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