



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## September Indoor Pool Schedule

\*Subject to change based on program needs

**Adult/Lap Swimming ONLY from Open-10 am Daily.**

**Family Swim Starts at 10 am Daily.**

**Pool is open for swimming all day, but does get busy.**

**Please refer to Swim Team and 3rd Grade swim calendar**

### MONDAY

8:00-9:00am	Aqua Blasters (Lara) - 3 Lanes
9:00-10:00am	Aqua Zumba (Albey) - 3 Lanes
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:15-9:00pm	Swim Teams - 4/5 lanes

### TUESDAY

8:00-9:00am	Aqua Fit (Kelly) - 3 Lanes
9:00-10:00am	Aqua Zumba (Albey) - 3 Lanes
1:00-4:00pm	Hot-Tub Down for Maintenance
4:30-5:30pm	REC Swim Team - 2 Lanes
4:15 - 9:00pm	Swim Team - 4/5 Lanes

### WEDNESDAY

8:00am-9:00am	Aqua Blasters (Lara) - 3 Lanes
10:15am-11:00am	Aqua Aerobics (Linda) - 3 Lanes
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:15 - 9:00pm	Swim Team - 4/5 Lanes

### **ATTENTION MEMBERS:**

**High School Swim Season runs from  
July 29th to October 25th**

**3rd Grade Swim run from  
August 19th to late October.**

**PLEASE use Swim Team and 3rd Grade  
swim calender to plan your Aquatic area  
visits accordingly.**

### THURSDAY

8:00-9:00am	Aqua Fit (Kelly) - 3 Lanes
4:15-9:00pm	Swim Teams - 4/5 lanes

### FRIDAY

8:00-9:00am	Aqua Blasters (Lara) - 3 Lanes
10:15am-11:00am	Aqua Aerobics (Linda) - 3 Lanes
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:15-9:00pm	Swim Teams - 4/5 lanes

### SATURDAY

9:00-10:00am	Aqua Jogging (Lisa) - 2 Lanes
12:00 - 12:30 pm	Parent/Child (Indoor)

### SUNDAY

11:00-4:45pm	Family & Lap Swim
12:00 - 12:30 pm	Parent/Child (Indoor)

- Pool Fitness Classes in Purple
- Closed Programs in Green
- Family Swim Starts at 10am Daily

### **FREE Water Safety Workshop:** **September 20th 5:30 - 6:00 pm**

### **Rivers, Oceans and Rip Currents; What you should know!**

Know BEFORE you enter the water what rip currents are, and how to escape them. Recreational water illnesses, Colored flags on beaches; what they mean and when to stay out of the water.



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## **Aqua Fitness Class Descriptions**

### **Aqua Arthritis (Monday/Wednesday/Friday 11:30 a.m.—12:30 p.m.)**

A beginner water class that focuses on range of motion exercises and balance. Shallow water only.

### **Aqua Blasters (Monday/Wednesday/Friday 8 a.m.—9 a.m.)**

A step up from Aqua Arthritis. This class also uses pool bars for exercises. 20 minutes of cardio and jogging, range of motion exercises, and then stretching and cool down. All done in the shallow end of the pool.

### **Aqua Fit (Tuesday/Thursday 8 a.m.—9 a.m.)**

A fusion of aquatic fitness techniques to build core strength, flexibility, cardio and endurance. Mostly done in the shallow end of the pool, with the option of deep end usage.

### **Aqua Jogging (Saturdays 9a.m.—10a.m.)**

A no impact class, using floatation belts and water bells for flexibility, muscle tone, calorie burning, and core strengthening. This class is good for members who have chronic pain illnesses. (Ex. arthritis, fibromyalgia, spinal issues and sports injuries.) Participants work out at their own speed.

### **Aqua Zumba (Monday & Tuesday 9 a.m.—10 a.m.)**

A safe, challenging, *water*-based workout that's cardio-conditioning, body-toning, exhilarating beyond belief with a mixture of exciting music to motivate you.

### **Hydro-Blast (Thursday 9:05a.m. - 10:05a.m.)**

Join us for a non-stop, deep water aquatic workout! This class will focus on cardio and muscle endurance, so you won't get cold in this powerhouse class as you challenge your fitness levels. Flotation belt and Equipment provided. *Swimming not mandatory!*

### **Aqua Aerobics (Wednesday 10 a.m.—11 a.m.)**

This is a fun cardio class with traditional aerobic choreography! Fun & easy to follow. No swimming required, class uses shallow end of pool. Bring your Energy! *Swimming not mandatory!*

# Swim Team & 3rd Grade Swim Calendar

Swim Teams reserve 4 lanes of the indoor pool, during their scheduled times.

**Swim Meets** CLOSE the ENTIRE AQUATIC INDOOR AREA, including steam room and hot tub during the meets.

(3:30 pm to 7:00 pm)

August 21; September 11; September 18; October 2nd

MONDAY	
9:15 - 9:55 am	Pecan Park
10:10 - 10:50 am	Oak Park
11:00 - 11:40 am	Magnolia Park
11:45 a - 12:20 pm	Pecan Park
12:30 - 1:15 pm	St. Martin HS Swim Team
4:15 - 5:30 pm	Vancleave HS Swim Team
5:30 - 7:00 pm	B.E.S.T Swim Team
7:00 - 9:00 pm	OSHS Swim Team
TUESDAY	
9:10 - 9:50 am	Magnolia Park
10:10 - 10:50 am	Oak Park
11:00 - 11:40 am	Magnolia Park
11:45 a - 12:20 pm	Pecan Park
12:30 - 1:15 pm	St. Martin HS Swim Team
4:15 - 5:30 pm	Vancleave HS Swim Team
5:30 - 7:00 pm	B.E.S.T Swim Team
7:00 - 9:00 pm	OSHS Swim Team
WEDNESDAY	
9:15 - 9:55 am	Pecan Park
10:10 - 10:50 am	Oak Park
11:00 - 11:40 am	Magnolia Park
11:45 a - 12:20 pm	Pecan Park
12:30 - 1:15 pm	St. Martin HS Swim Team
4:15 - 5:30 pm	Vancleave HS Swim Team
7:00 - 9:00 pm	OSHS Swim Team

THURSDAY	
9:10 - 9:50 am	Magnolia Park
10:10 - 10:50 am	Oak Park
11:00 - 11:40 am	Magnolia Park
11:45 a - 12:20 pm	Pecan Park
12:30 - 1:15 pm	St. Martin HS Swim Team
4:15 - 5:30 pm	Vancleave HS Swim Team
5:30 - 7:00 pm	B.E.S.T Swim Team
7:00 - 9:00 pm	OSHS Swim Team
FRIDAY	
10:10 - 10:50 am	Oak Park
11:00 - 11:40 am	Magnolia Park
11:45 a - 12:20 pm	Pecan Park
12:30 - 1:15 pm	St. Alphonsus
12:30 - 1:15 pm	St. Martin HS Swim Team
4:30 - 6:00 pm	B.E.S.T Swim Team
7:00 - 9:00 pm	OSHS Swim Team

3rd Grade Swim program starts  
**August 19th and ends late October.**

Each School will bring 25 - 30 Children,  
2 or 3 lanes of the indoor pool will be in  
use during their sessions.

**9:15 am to 1:15 pm**

**NO 3rd grade swim on:**  
**Labor Day (Sept. 2nd)**  
**October 11, 14 & 22**