



May Indoor Pool Schedule

*Subject to change based on program needs

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

Family Swim Starts at 10am Daily.

Pool is open for swimming all day, but does get busy. Please plan accordingly.

MONDAY

8:00-9:00am	Aqua Blasters (Lara) - 3 Lanes
9:00-10:00am	Aqua Zumba (Albey) - 3 Lanes
9:00-10:45am	Swim Lessons
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:00-4:45pm	Swim Lessons
4:30-5:15pm	Swim Lessons
5:00-5:45pm	Swim Lessons
5:30-7:00pm	Youth Swim Teams - 5 lanes

TUESDAY

8:00-9:00am	Aqua Fit (Kelly) - 3 Lanes
9:00-10:00am	Aqua Zumba (Albey) - 3 Lanes
9:00-10:45am	Swim Lessons
12:15-12:45pm	Parent/Child Swim Lessons
1:00-3:00pm	Hot-Tub Down for Maintenance
4:30-5:30pm	REC Swim Team -2 Lanes
4:00-4:45pm	Swim Lessons
4:30-5:15pm	Swim Lessons
5:00-5:45pm	Swim Lessons
5:30-7:00pm	Youth Swim Team - 5 Lanes

WEDNESDAY

8:00-9:00am	Aqua Blasters (Lara) - 3 Lanes
9:00-10:00am	Hydro-Power (Marie) - 3 Lanes
9:00-10:45am	Swim Lessons
10:00-11:00am	Aqua Aerobics (Linda) NEW!
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:00-4:45pm	Swim Lessons
4:30-5:15pm	Swim Lessons
5:00-5:45pm	Swim Lessons

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

THURSDAY

8:00-9:00am	Aqua Fit (Kelly) - 3 Lanes
9:05-10:05am	Hydroblast (Kelly) - 2 Lanes
9:00-10:45am	Swim Lessons
12:15-12:45pm	Parent/Child Swim Lessons
4:30-5:30pm	REC Swim Team - 2 Lanes
4:00-4:45pm	Swim Lessons
4:30-5:15pm	Swim Lessons
5:00-5:45pm	Swim Lessons
5:30-7:00pm	Youth Swim Team - 5 Lanes

FRIDAY

8:00-9:00am	Aqua Blasters (Lara) - 3 Lanes
11:30-12:30pm	Aqua Arthritis (Lara) - 3 Lanes
4:30-6:00pm	Youth Swim Team - 5 Lanes

SATURDAY

9:00-10:00am	Aqua Jogging (Lisa) *3 Lanes*
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SUNDAY

11:00-5:00pm	Family & Lap Swim
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ATTENTION MEMBERS:

- 04/02-05/014: Rec Swim Team
- 05/21: New Rec Team Session Starts
- 05/27: **Memorial Day - Close at 5pm**

May 3rd

Moss Point High School Senior
Pool Party

1:00pm-3:00pm

Pool area will be very busy. Please plan accordingly!



BEST TIMES FOR INDOOR LAP SWIMMING

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5am-4pm, 6:15-10pm	2 5am-4:00pm, 7pm-10pm	3 5am-1:00pm, 6pm-9pm Moss Point Pool Party 1-3pm!	4 7am-7pm
5 11am-5pm	6 5am-4:00pm, 7pm-10pm	7 5am-4:00pm, 7pm-10pm	8 5am-4pm, 6:15-10pm	9 5am-4:00pm, 7pm-10pm Rec team ends	10 5am-4:30pm, 6pm-9pm	11 7am-7pm
12 11am-5pm Mother's Day	13 5am-4:00pm, 7pm-10pm	14 5am-4:00pm, 7pm-10pm	15 5am-4pm, 6:15-10pm	16 5am-4:00pm, 7pm-10pm	17 5am-4:30pm, 6pm-9pm	18 7am-7pm
19 11am-5pm	20 5am-4:00pm, 7pm-10pm	21 5am-4:00pm, 7pm-10pm Rec team starts	22 5am-4pm, 6:15-10pm	23 5am-4:00pm, 7pm-10pm	24 5am-4:30pm, 6pm-9pm	25 7am-7pm
26 11am-5pm	27 5am-5:00pm Memorial Day Close @5:00pm	28 5am-4:00pm, 7pm-10pm	29 5am-4pm, 6:15-10pm Lifeguard Tryout 5:00-6:00pm	30 5am-4:00pm, 7pm- 10pm	31 5am-4:30pm, 6pm-9pm	



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aqua Fitness Class Descriptions

Aqua Aerobics (Wednesday 10:00 a.m.—11:00 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!

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 9 a.m.—10 a.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 Power (Wednesdays 9 a.m. - 10 a.m.)

Make a splash with this dynamic cardio workout that tones and shapes the entire body. Uses pool resistance equipment and aqua jogging belts for half the class, and combines kick board and lap swimming the second half.