



October Indoor Pool Schedule

*Subject to change based on program needs

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

Family Swim Starts at 10 am Daily.

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

MONDAY	
7:00 – 9:00 am	St. Martin Swim Practice 3 lanes
9:30-10:15 am	Aqua Zumba
12:30-1:30pm	Aqua with Lara - Entire pool
2:30-3:45pm	VHS Swim Teams - 3 lanes
5:00-7:00pm	OSHS Swim Practice 4 lanes

TUESDAY	
7:00 – 9:00 am	St. Martin Swim Practice 3 lanes
9:30-10:15 am	Aqua Zumba
12:30-1:30pm	Aqua Blasters - Entire pool
2:30-3:45pm	VHS Swim Teams - 3 lanes
5:00 – 7:00 pm	OSHS Swim Practice 4 lanes

WEDNESDAY	
7:00 – 9:00 am	St. Martin Swim Practice 3 lanes
1:00-4:00pm	Hot-Tub Down for Maintenance
12:30-1:15pm	St. Alphonsus 3rd Grade Swim
2:30-3:45pm	VHS Swim Teams - 3 lanes
5:00 – 7:00 pm	OSHS Swim Practice 4 lanes

ATTENTION MEMBERS:

**High School Swim practice ends
October 24th**

**St. Alphonsus and Lighthouse Academy
will use 1 lane indoor pool and all of
outdoor pool during their allotted times.**

THURSDAY	
7:00 –9:00 am	St. Martin Swim Practice 3 lanes
8:30-9:30am	Aqua Fit (Kelly) - 3 Lanes
12:30-1:30pm	Aqua Blasters - Entire pool
2:30-3:45pm	VHS Swim Teams - 3 lanes
5:00-7:00pm	OSHS Swim Practice 4 lanes

FRIDAY	
7:00 –9:00 am	St. Martin Swim Practice 3 lanes
12:30-2:30pm	Lighthouse Academy 1st – 6th Grade
5:00-7:00pm	OSHS Swim Practice 4 lanes

SATURDAY	
9:00-10:00am	Aqua Jogging (Lisa) - 2 Lanes
10:30 – 2:00 pm	REC Swim Team - 2 Lanes

SUNDAY	
1:00-4:45pm	Family & Lap Swim

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

Marlins Swim Club Tryouts:

October 19th – 22nd CALL TO SCHEDULE

SATURDAY SESSION: 10:30 – 11:30 a.m.
NOVEMBER 7TH – DECEMBER 12TH

TUESDAYS/THURSDAYS SESSION: 5:30 – 6:30 pm
NOVEMBER 3RD – DECEMBER 17TH
(NO PRACTICE WEEK OF THANKSGIVING)



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Aqua Fitness Class Descriptions

Aqua Arthritis (Thursdays 12:30 p.m.—1:30 p.m.)

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

Aqua Blasters (Mondays & Tuesdays 12:30 p.m.—1:30 p.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 (Thursday 8:30 a.m.—9:30 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 Dance (Mondays & Tuesday 9:30 a.m.—10:15 a.m.)

Temporarily Instructor coming mid month (Christina)

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