

## POOL SCHEDULE

<u>DAYS</u>	<u>HOURS</u>
<b>MONDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:45P - 4:30P</b> <i>(CLOSED FOR CLEANING)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>TUESDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:45P - 4:30P</b> <i>(CLOSED FOR CLEANING)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i> <b>6:00p-8:00p</b> <i>(OPEN SWIM AND LAP SWIM AVAILABLE)</i>
<b>WEDNESDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:45P - 4:30P</b> <i>(CLOSED FOR CLEANING)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>THURSDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:45P - 4:30P</b> <i>(CLOSED FOR CLEANING)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i> <b>6:00p-8:00p</b> <i>(OPEN SWIM AND LAP SWIM AVAILABLE)</i>
<b>FRIDAY</b>	<b>6:00A – 2:00P</b> <i>(LAP SWIM ONLY)</i> <b>2:00P - 4:30P</b> <i>(CLOSED FOR CLEANING)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>SATURDAY</b>	<b>12:00p – 5:00p</b> <i>(OPEN SWIM AND LAP SWIM AVAILABLE)</i>
<b>SUNDAY</b>	<b>12:00P – 5:00P</b> <i>(OPEN SWIM AND LAP SWIM AVAILABLE)</i>

- **LAP SWIM:** OPEN LANES FOR LAP SWIMMING ONLY
- **THERAPY POOL:** MUST BE SCHEDULED AROUND CLASS TIMES AND IS FOR THERAPY USE ONLY
- **OPEN SWIM:** AREA OPEN TO GROUP SWIMMERS
- **\*CALL US TO SCHEDULE:** 406-883-4567

## CLASS SCHEDULE

### THERAPY POOL

<b>TIMES:</b>	<b>INSTRUCTOR</b>	<b><u>9:00A</u></b>	<b>INSTRUCTOR</b>	<b><u>10:00A</u></b>	<b>INSTRUCTOR</b>	<b><u>11:00A</u></b>	<b>INSTRUCTOR</b>	<b><u>3:30P</u></b>	<b><u>4:30p</u></b>
<b>MONDAY</b>	<b><u>LORI</u></b>	<b>AQUA THERAPY</b>							
<b>TUESDAY</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (MENS)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (WOMEN)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY</b>	<b><u>JANET</u></b>	<b>AQUA THERAPY</b>	<b>AQUA THERAPY</b>
<b>WENDSDAY</b>	<b><u>LORI</u></b>	<b>AQUA THERAPY</b>							
<b>THURSDAY</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (MENS)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (WOMEN)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY</b>	<b><u>JANET</u></b>	<b>AQUA THERAPY</b>	<b>AQUA THERAPY</b>

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Aqua-Therapy: *This is a low impact warm water class where no swimming skills are needed. This class is designed to improve flexibility, core strength, balance, range of motion, muscle tone and cardio endurance, while using the resistance of water to cushion the feet, knees and back. Fun and easy to follow.*

## MAIN POOL

<b>TIMES:</b>	<u>INSTRUCTOR</u>	<b>8:00A</b>	<u>INSTRUCTOR</u>	<b>11:15A</b>	<u>INSTRUCTOR</u>	<b>11:30A</b>
<b>MOND</b>	<u>LORI</u>	<b>AQUA-AEROBICS</b>			<u>KAREN</u>	<b>DANCING AQUATICS</b>
<b>TUES</b>			<u>JANET</u>	<b>AQUA FIT</b>		
<b>WEDN</b>	<u>LORI</u>	<b>AQUA-AEROBICS</b>				
<b>THURS</b>			<u>JANET</u>	<b>AQUA FIT</b>		
<b>FRID</b>	<u>LORI</u>	<b>AQUA-AEROBICS</b>				

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**Aqua-Aerobics:** Give your body a great workout in this low impact aqua environment class. Light to medium stretching and strengthening for core, arms, legs and abs. Class is held in the lap pool.

**Aqua Fit:** Provides a low impact challenging cardio workout. We perform a variety of motions including water walking and running, balance, core strength and toning exercises. No swimming skills needed. Fun with motivating music and easy to follow.

**Dancing Aquatics:** Provides a high impact challenging cardio workout. We perform a variety of motions including water walking and running, balance, core strength and water weight exercises. No swimming skills needed. Fun with motivating music and easy to follow

## DRY LAND

<b>TIMES:</b>	<u>INSTRUCTOR</u>	<u>7:30A</u>	<u>INSTRUCTOR</u>	<u>10:00A</u>	<u>INSTRUCTOR</u>	<u>4:30P</u>	<u>INSTRUCTOR</u>	<u>5:30P</u>
<b>MONDAY</b>	<u>NANCY</u>	<b>WHATEVER IT TAKES</b>						
<b>TUESDAY</b>			<u>DAVID</u>	<b>PILATES</b>	<u>MARCIE</u>	<b>WORK TO PROGRESS</b>	<u>KATIE</u>	<b>YOGA</b>
<b>WEDNESDAY</b>	<u>NANCY</u>	<b>WHATEVER IT TAKES</b>						
<b>THURSDAY</b>			<u>DAVID</u>	<b>PILATES</b>	<u>MARCIE</u>	<b>WORK TO PROGRESS</b>	<u>KATIE</u>	<b>YOGA</b>
<b>FRIDAY</b>								

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**Whatever It Takes:** *This class blends low impact cardio, strength training, flexibility, balance and core conditioning in a total body workout that targets the legs, hips, glutes, abs, back and arms. This fun, varied and fast-paced workout will incorporate bands, fitness balls, steps, weights and the barre. This class is based on your ability and can be easily modified to meet your needs.*

**Pilates:** *low impact routine that includes exercises that promote core strength and stability, muscle control, and endurance, including exercises that stress proper posture and movement patterns and balanced flexibility and strength. It can also be helpful in training for sports or in physical rehabilitation.*

**Work To Progress:** *This class is aimed at those new to strength training. Strength or resistance training helps to develop better body mechanics, protects bone and muscle mass, helps with chronic disease management, and helps maintain a healthy weight by increasing your metabolism. Learning proper form and technique will keep you injury free and allow you to see the results faster.*

**Yoga:** *Gentle yoga class is open to all levels of experience and will leave you feeling longer, looser and more relaxed.*

