



# Aquatics Schedule All Pools and Programming

**Aqua Bamba**

**Aquabatta**

**Aqua Kickbox**

**Liquid Fit**

**Pre-Swim Team**

**Swim For Fitness**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                                      | SUNDAY  |
|---|--|---|--|---|---|---|
| 6:15am-7:45am<br>(Outdoor Lap) SFF with Jackie    |  | 6:15am-7:45am<br>(Outdoor Lap) SFF with Jackie        |  | 6:15am-7:45am<br>(Outdoor Lap) SFF with Jackie      |   |   |
|   | 8am-9am (Outdoor Lap) SFF with Jackie                      |   | 8am-9am (Outdoor Lap) SFF with Jackie                  |   |   |   |
| 9am-10am (Leisure Pool) Liquid Fit with Cathy H   | 9am-10am (Leisure Pool) Aqua Bamba with Christina          | 9am-10am (Leisure Pool) Aqua Kickbox with Cathy W     | 9am-10am (Leisure Pool) Liquid Fit with Cathy H        | 9am-10am (Leisure Pool) Liquid Fit with Christina K | 9am-10am (Leisure Pool) Liquid Fit with Nancy | 9am-10am (Leisure Pool) Liquid Fit with Cathy H         |
|   | 12pm-1pm (Outdoor Lap) SFF with Jackie                     |   | 12pm-1pm (Outdoor Lap) SFF with Jackie                 |   |   |   |
|   | 1:15pm-2:15pm (Indoor Lap) Liquid Fit with Sally K         | 1:15pm-2:15pm (Indoor Lap) Aquabatta with Iman Jammal | 1:15pm-2:15pm (Indoor Lap) Liquid Fit with Iman Jammal |   |   | 3:30pm-4:30pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie |
| 5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie | 5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie          | 5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie     | 5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie      |   |   |   |
| 6pm-7pm (Outdoor Lap) SFF with Jackie             |  | 6pm-7pm (Outdoor Lap) SFF with Jackie                 |  |   |   |   |
|   | 6:30pm-7:30pm (Leisure Pool) Liquid Fit with Cathy H/Imaan |   |  |   |   |   |



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## **Aqua Bamba**

Immerse yourself in a low-impact workout that combines the amazing strength benefits of the Gymstick with the cardio benefits of dance. Come try it out!

## **Aquabatta**

A highly intense interval training workout that uses :20/:10 timing to increase your heart rate. This class may or may not use equipment.

## **Aqua Kickbox**

Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills.

## **Liquid Fit**

Don't let the water fool you! This high intensity, low impact workout uses dumbbells, Gymsticks, Hydrotones and noodles to increase resistance, and tone your entire body.

## **Pre-Swim Team (Additional Cost)**

If your child is interested in being a part of a swim team, we have a program for you! This class helps prepare for competition in the pool and teaches stroke refinement and efficiency in the water.

## **Swim For Fitness (Additional Cost)**

Designed for all competitive, fitness and triathlon swimmers ages 18 and over to achieve their goals through a structured training environment. Fun and supportive atmosphere with friendly competitions.