



# AQUATICS SCHEDULE

FEBRUARY 1 - 28, 2018

Fun Fact: 33 Laps or 66 Lengths = One Mile in the Wellness Center Pool

DAY	MONDAY 6:00AM - 8:30PM						TUESDAY 6:00AM - 8:30PM						WEDNESDAY 6:00AM - 8:30PM						THURSDAY 6:00AM - 8:30PM						FRIDAY 6:00AM - 6:30PM						SATURDAY 8:00AM - 4:30PM						SUNDAY 11:00AM - 4:30PM																													
LANE	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																								
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7:30	OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 12:00						OPEN/LAP SWIM 8:00 - 10:00						OPEN/LAP SWIM 8:00 - 10:00						TI Swim Series OPEN/LAP SWIM 8:00 - 4:30						CLOSED																													
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9:00	LAP SWIM						DEEP WATER WORKOUT 10:00 - 10:45			LAP SWIM	AQUA FITNESS 10:00 - 10:45			OPEN/LAP SWIM 10:45 - 1:00						LAP SWIM	AQUA FITNESS 10:00 - 10:45			LAP SWIM	AQUA ZUMBA 10:00 - 10:45			WOMEN'S SWIM 10:00 - 11:00																																						
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11:00	OPEN/LAP SWIM 11:45 - 5:30						OPEN/LAP SWIM 10:45 - 7:30						OPEN/LAP SWIM 12:45 - 5:30						LAP SWIM						ANTIOCH SCHOOL 1:00 - 2:30						CLOSED FOR CLEANING AND STAFF SAFETY TRAINING 1:00 - 3:00						OPEN/LAP SWIM 8:00 - 4:30																													
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	WORKSHOPS and SERIES - See notes for details and fees												Weekly Classes - See notes for details and fees												Special Events and Scholastic Sports - See notes for details																																									

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**Open/Lap Swim:** Recreational swim for all ages. Generally includes designated lap swim lanes.

**Lap Swim:** Designated lap lanes. Open to all ages. We encourage swimmers to circle swim during peak hours. Please attempt to find a lane with swimmers of a similar skill level/speed when sharing a lane. Notify all swimmers in the lane before entering. Ask a lifeguard for assistance if you need help choosing a lane.

**Aqua Fitness with Deb Dixon :** Coed shallow water fitness class that offers a cardio workout. Build stamina, strength, and tone. Non-swimmers welcome. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

**Aqua Back Re-hab with Deb Dixon:** This is a low impact shallow water class that focuses on back and core strength with exercises that enhance balance. This slower paced class is perfect for those individuals that are experiencing balance and/or lower back challenges. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

**Deep Water Workout with Deb Dixon:** This is a medium-high intensity workout done in deep water, while wearing an adjustable floatation belt. This workout combines short, high intensity exercise with slower, steady endurance work, followed by muscle toning and a series of stretches to increase flexibility. Participants must bring their own belt and know how to swim. Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

**Aqua Zumba with Patricia Nelson:** This program combines the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music for a low impact, high energy, pool party! Included with premium membership and premium day pass, \$5 drop in fee for standard membership.

**Masters Swimming with Franklin Halley :** Enhance your swim speed, skill and stroke efficiency with coached training sessions led by Franklin Halley, a USMS and ASCA certified coach and Head Coach of the Dayton Area Sharks Masters. This program is open to all swimmers 18 years and older. Swimmers must be comfortable swimming 50 yards continuously utilizing the front crawl and rhythmic breathing. January 2 through May 25. Pre-registration and fee required for participation.

**Total Immersion Swimming led by Certified TI Coach, Pegen Laughlin:** Effortless Endurance course ideal for improvement-minded, fitness or Masters swimmers, as well as aspiring or experienced triathletes. Simple and time-tested sequence of 'bite-size' skills build upon each other to transform how your body moves through water. Swimmers must be comfortable swimming 50 yards continuously utilizing the front crawl. Series 1: Jan 20-Feb 10; Series 2: Mar 3-Mar 24; Series 3: Apr 14-May 12. Pre-registration and fee required for participation.

**Yellow Springs High School Swim Team Practice:** 1 lane Monday through Thursday. Begins Feb 12 runs through Mar 9, 2018.

**Antioch School Swim:** 1:00p-2:30p; Feb 1, 22; Mar 1, 15,22; Apr 5

#### **Pool Hours of Operation**

Mon-Thu: 6:00 am - 8:30 pm

Friday: 6:00 am - 6:30 pm

Saturday: 8:00 am - 4:30 pm

Sunday: 10:00am - 11:00 am Women only facility time

11:00 am - 4:30 pm

**\*\*\* Schedule is subject to change without notice. Please visit our website or call the front desk at 937.319.0100 for more details \*\*\***