



AQUATICS SCHEDULE

MARCH 1 - 31, 2018

Fun Fact: The Wellness Center Pool Contains 133,000 Gallons of Water Geothermally Heated to 85 Degrees Fahrenheit

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												
6:00	LAP SWIM 6:00 - 8:00						LAP	MASTERS SWIMMING 6:15 - 7:30			LAP	LAP SWIM 6:00 - 8:00						LAP SWIM 6:00 - 8:00						LAP	MASTERS SWIMMING 6:15 - 7:30			LAP	CLOSED						CLOSED																			
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8:00	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						TI Swim Series			OPEN/LAP SWIM 8:00 - 4:30						CLOSED																				
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10:00	LAP SWIM		DEEP WATER WORKOUT 10:00 - 10:45				LAP SWIM	AQUA FITNESS 10:00 - 10:45					OPEN/LAP SWIM 8:00 - 12:00						LAP SWIM	AQUA FITNESS 10:00 - 10:45					LAP SWIM	AQUA ZUMBA 10:00 - 10:45					WOMEN'S SWIM 10:00 - 11:00																							
10:30			AQUA BACK RE-HAB 11:00 - 11:45				OPEN/LAP SWIM 10:45 - 8:30												OPEN/LAP SWIM 10:45 - 1:00						OPEN/LAP SWIM 10:45 - 1:00																													
11:00	OPEN/LAP SWIM 11:45 - 5:30												LAP SWIM	DEEP WATER WORKOUT 12:00 - 12:45																	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 11:00 - 4:30					
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1:00	OPEN/LAP SWIM 11:45 - 5:30						OPEN/LAP SWIM 10:45 - 8:30						OPEN/LAP SWIM 2:30 - 8:30						OPEN/LAP SWIM 3:00 - 6:30						OPEN/LAP SWIM 8:00 - 4:30						OPEN/LAP SWIM 11:00 - 4:30																							
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3:00	LAP 5:30-6:30						AQUA FIT 5:30-6:15						LAP 5:30-6:30						AQUA FIT 5:30-6:15						OPEN/LAP SWIM 2:30 - 8:30						OPEN/LAP SWIM 3:00 - 6:30						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																																	

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.

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, Pegeen 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.

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

Pool Hours of Operation

Mon-Thur 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 *****