

AQUATIC TIP OF THE MONTH

Why not give it a try? Ask the lifeguard on duty for a sample swim workout sheet. Both beginner and intermediate level options are available.

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. Lifeguards may reassign swimmers to different lanes according to speed and skill.

Aqua Fitness with Deb Dixon: Co-ed 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. Standard membership participants pay a \$5 drop in fee.

Deep Water Workout with Deb Dixon: This is a medium-high intensity workout done in deep water, while wearing an adjustable flotation 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 are encouraged to bring their own belt (the instructor has a limited supply) and must know how to swim. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

Aqua Zumba with Patricia Nelson: Dance, music and exercise are combined into a fun and energetic aquatic workout. Included with Premium membership and Premium day pass. Standard membership participants pay a \$5 drop in fee.

Antioch School Swim: Thursdays March 7 and 21 @ 1:00 p.m. to 2:30 p.m.

Swim Lessons: Saturdays @ 9:30 a.m. to 12:00 p.m. The pool is closed during swim lessons. **The therapeutic spa is open.**

Masters Swimming with USMS and ASCA certified coach Franklin Halley: Monday/Wednesday 6:30 p.m. - 8:00 p.m. and Tuesday/Friday 6:15 a.m. - 7:30 a.m.

Total Immersion Swim Clinic: 2 Lanes; March 9 @ 9:45 a.m. -11:45 a.m. & 2:30 p.m. - 3:30 p.m.

Pool Hours of Operation

Mon-Thu 6:00 a.m. - 8:30 p.m.

Friday: 6:00 a.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 4:30 p.m.

Sunday: 10:00 a.m. - 11:00 a.m. Women only facility time

11:00 a.m. - 4:30 p.m.

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