

AQUATICS SCHEDULES

Whirlpool will be closed on October 16 from

1:00 PM - 3:00 PM for cleaning.

All scheduling is subject to change with advanced notice. Schedules are valid through November 4.

Water Fitness Classes (Free for Members)

Pool will be closed September 3-11.

Sign up for aquatic fitness updates. Text @jaquatics to 81010.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:45 AM Stretch and Flex Susan	7:00 AM - 7:45 AM Stretch and Flex Wanda	7:00 AM - 7:45 AM Stretch and Flex Susan	7:00 AM - 7:45 AM Stretch and Flex Melissa	7:00 AM - 7:45 AM Stretch and Flex Susan	
8:00 AM - 8:45 AM Tone-N-Flex Susan	8:00 AM - 8:45 AM Young at Heart Wanda	8:00 AM - 8:45 AM Tone-N-Flex Susan	8:00 AM - 8:45 AM Young at Heart Melissa	8:00 AM - 8:45 AM Tone-N-Flex Susan	8:00 AM - 9:00 AM Aqua Zumba/WIM Heather
9:00 AM - 9:45 AM Water Cardio Lou	9:00 AM - 9:45 AM Water Pilates Kristi	9:00 AM - 9:45 AM Water Cardio Lou	9:00 AM - 9:45 AM Water Pilates Kristi	9:00 AM - 9:45 AM Water Cardio Lou	Aqua Zumba and WIM alternate every other Saturday.
11:00 AM - 12:00 PM WIM-Platinum Teresa	11:00 AM - 12:00 PM Arthritis Teresa	11:00 AM - 12:00 PM Water Cardio Patty	11:00 AM - 12:00 PM Arthritis Teresa	11:00 AM - 12:00 PM WIM-Platinum Teresa	
	11:00 AM - 12:00 PM Deep Water Kristi		11:00 AM - 12:00 PM Deep Water Kristi		
1:00 PM - 1:45 PM Arthritis Joie	12:00 PM - 1:00 PM WIM Patty	1:00 PM - 1:45 PM Arthritis Joie	12:00 PM - 1:00 PM WIM Patty	1:00 PM - 1:45 PM Arthritis Joie	
6:30 PM - 7:30 PM WIM Teddy	7:00 PM - 8:00 PM Water Cardio Linda	7:00 PM - 8:00 PM Water Cardio Linda	7:00 PM - 8:00 PM Water Cardio Linda		

Aqua Zumba combines dance, cardio, and body toning to mostly Latin music.

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Deep Water is a non-impact class using flotation devices in deep water.

Stretch-N-Flex is a mild cardio class designed to improve balance and stamina. Takes place in shallow water.

Tone-N-Flex is a higher cardio class that also works your muscles.

Water Cardio is a fast-paced cardio workout in the shallow end.

Water in Motion (WIM) is a high-energy, calorie-burning workout.

Water in Motion (WIM) Platinum is a shallow water, low-impact class that offers deconditioned participants a fun workout.

Water Pilates will tone and strengthen core muscles to improve balance and posture.

Young at Heart is a high-energy program combining aerobics, toning, and stretching.

Lap and Open Swim Schedule

Pool will be closed September 3-11.

Open lanes are for lap swim. Other lanes are for lessons. Half open area is for free swim.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM - 7:00 AM	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open		
7:00 AM - 8:00 AM	3 Lanes Open	3 Lanes Open	3 Lanes Open	3 Lanes Open	3 Lanes Open		
8:00 AM - 9:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open; Half Open Area
9:00 AM - 10:00 AM	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	2 Lanes Open; Half Open Area
10:00 AM - 11:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	1 Lane Open	2 Lanes Open; Half Open Area
11:00 AM - 12:00 PM	1 Lane Open	Closed	1 Lane Open	Closed	1 Lane Open	Closed	2 Lanes Open; Half Open Area
12:00 PM - 1:00 PM	3 Lanes Open; Half Open Area	3 Lanes Open	3 Lanes Open; Half Open Area	3 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
1:00 PM - 2:00 PM	Closed	Closed	Closed	Closed	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
2:00 PM - 3:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:00 PM - 4:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:00 PM - 5:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
5:00 PM - 6:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:00 PM - 6:30 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:30 PM - 7:00 PM	2 Lanes Open	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open			2 Lanes Open; Half Open Area
7:00 PM - 7:30 PM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open			
7:30 PM - 8:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open	2 Lanes Open			
8:00 PM - 9:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area			