

AQUATICS SCHEDULES

Whirlpool will be closed on November 6 and December 4 from 1:00 PM - 3:00 PM for cleaning.
 All scheduling is subject to change with advanced notice. Schedules are valid through December 23.
Check Holiday Schedule for closings.

Water Fitness Classes (Free for Members)

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

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

Lap and Open Swim Schedule

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

Any changes from the printed guide are marked in red.

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	2 Lanes Open	3 Lanes Open	2 Lanes Open	3 Lanes Open	2 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	2 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	1 Lane Open	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	1 Lane Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:00 PM - 6:30 PM	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:30 PM - 7:00 PM	2 Lanes Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area			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 - 9:30 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			