

# Adult & Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
5:15-8:30 All Lanes Lap	5:15-8:30 All Lanes Lap	5:15-8:30 All Lanes Lap	5:15-8:30 All Lanes Lap	5:15-8:00 All Lanes Lap	7:00-8:00 All Lanes Lap	*7:00-8:00 All Lanes Lap
8:30-9:25 Aqua Zumba (Paula)	8:30-9:25 Aqua Boot Camp (Kathryn)	8:30-9:25 H2O Fitness (Shannon)	8:30-9:25 Aqua-Intervals (Paula)	8:00-8:55 Total Body Toning (Joan)	8:00-9:00 Adult Beginner <b>R</b> (Rhonda)  8:00-10:00 3 Lanes Lap  10:00-12:00 Rec Swim	8:00-9:00 Adult Intermediate <b>R</b>  8:00-9:00 3 Lanes Lap  9:00-10:00 2 Lanes Lap / Total Body Toning (Kathryn)  11:00-12:00 Rec Swim
<b>AFTERNOON</b>						
11:30-12:00 2 Lanes Lap  12:00-1:45 All Lanes Lap	11:30-12:00 2 Lanes Lap  12:00-12:45 All Lanes Lap  12:45-1:45 3 Lanes Lap / Aqua S.P.A. <b>R</b> (Joan)	11:30-12:00 2 Lanes Lap  12:00-12:45 All Lanes Lap  12:45-1:45 Senior Swim / Gentle Aerobic <b>R</b> (Juli)	11:30-12:00 2 Lanes Lap  12:00-1:45 All Lanes Lap	11:30-12:00 2 Lanes Lap  12:00-12:45 All Lanes Lap  12:45-1:45 Senior Swim	12:00-1:00 All Lanes Lap  1:00-2:00 3 Lanes Lap / H2O Fitness (Kathryn)  2:00-3:00 Senior Swim	12:00-1:00 All Lanes Lap  1:00-2:00 2 Lanes Lap  1:00-2:30 S.N.L.S.  2:00-3:30 Rec Swim
<b>EVENING</b>						
6:00-7:00 All Lanes Lap  7:00-8:00 Adult Beginner <b>R</b>  7:00-8:00 Rec Swim / 2 Lanes Lap  8:00-9:45 Rec Swim/ 3 Lanes Lap	6:00-7:00 All Lanes Lap  7:00-8:00 Adult Intermediate <b>R</b>  7:00-8:00 Rec Swim / 2 Lanes Lap  8:00-9:45 Rec Swim/ 3 Lanes Lap	6:00-7:00 All Lanes Lap  7:00-8:00 Adult Beginner <b>R</b>  7:00-8:00 Rec Swim / 2 Lanes Lap  8:00-9:45 Rec Swim/ 3 Lanes Lap	6:00-7:00 All Lanes Lap  7:00-8:00 Adult Intermediate <b>R</b>  7:00-8:00 Rec Swim / 2 Lanes Lap  8:00-9:45 Rec Swim/ 3 Lanes Lap	6:00-7:00 All Lanes Lap  7:00-9:45 Rec Swim / 3 Lanes Lap	3:00-4:45 Rec. Swim / 2 Lanes Lap	3:30-4:45 Pool Party
					<p>Due to special scheduled activities, the Lap Swim Schedule is subject to change.</p> <p>Please check the Aquatic Information Board regularly for notices regarding Lap Swim.</p>	

## SWIMMING CLASSES FOR ADULTS FREE FOR TOTAL FACILITY MEMBERS

Our pool is a great place for adults to enjoy exercise or begin a learn-to-swim program. We offer a variety of water exercise classes that are, suitable for all swimming levels and even non-swimmers! Our adult learn-to-swim program starts with water adjustment and basic swimming skills and progresses to the advanced fitness swimmer. All classes are taught by experienced and certified professionals.

### LAP SWIM

Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening.

### SENIOR SWIM Wed. & Fri. 12:45-1:45p; Sat. 2-3p

Reserved pool space and time for seniors and physically challenged members of The Connection. Amount of space and lanes available vary from day to day

### ADULT LEARN TO SWIM & COMPETITIVE CLASSES

*\*Registration required for ALL Adult Learn to swim classes*

#### **Adult Beginner** M 7p, Wed 7p, Sat 8a

Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

#### **Adult Intermediate** T 7p, Th 7p, Sun 8a

Must be able to swim 4 lengths of the pool. Improve form and breathing technique. Intro to breaststroke and standing dives. Average 20-30 laps per class.

### **RECREATIONAL SWIM**

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult.

Recreational Swim is free for Total Facility members or \$20 family pass for non-members

Mon., Tues., Wed., Thur., & Fri. 7:00p  
Sat. 10a & 3p  
Sun. 10a & 2:30p

*Infants and toddlers must wear two swim diapers: a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.*

### **Total Facility Fees**

Enjoy full use of the Fitness Center and pool and participate in all adult fitness, aquatic and dance classes. Baby-sitting is free and available for TF members.

	Monthly	Annual
ADULT	\$65	\$765
HOUSEHOLD	\$92	\$1,085
SENIORS	\$55	\$645
SR. HOUSEHOLD	\$75	\$895

### WATER EXERCISE CLASSES

*\*Registration required for ALL Gentle Aerobics classes*

#### Beginner Water Exercise Programs:

##### **Aqua S.P.A. (Special Population Aerobics)** Tu 12:45p

An aquatic exercise program designed specifically for people with arthritis, osteoporosis, and related health concerns. This program uses gentle activities to help increase joint flexibility and range of motion, to maintain muscle strength, and to increase stamina.

##### **Gentle Aerobics** Wed 12:45p

Enjoy the water through exercises which will support joints, encourage free movement, and act as resistance to help build muscle strength. Ideal for someone who is developing or has muscle concerns and needs to be mindful of the stress that land activities can cause the body.

#### Intermediate Water Exercise Programs:

##### **Aqua-Intervals** Th 8:30a

Warm up, stretch, and get your body moving as you quickly progress into intervals of cardio and strength training exercises in the shallow water. Then make your way to the deep water where your workout continues and gets your body energized for the day.

##### **H2O Fitness** W 8:30a, Sa 1p

A high energy cardio class that uses exercises specifically tailored to work different body parts with equipment incorporated to increase intensity and resistance. This class finishes with a powerful ab routine that will keep your heart rate pumping.

#### Advanced Water Exercise Programs:

##### **Aqua Boot Camp** Tu 8:30a

Step up your routine with this athletic style workout, where participants work at high levels of intensity. General movements such as high knee and hamstring jogging, kicks, jumping jacks, cross-country skiing, and squats are used at various tempos and intervals of resistance.

##### **Aqua Zumba** M 8:30a

An invigorating workout were aqua meets dance. We will make you sweat while having fun at the same time! It combines a variety of workout styles including deep and shallow cardio exercises, equipment and fun DANCE moves used for muscle toning!

##### **Total Body Toning** F 8a, Su 9a

Focus, engage, and tone every muscle in your body through the use of water resistance in both the shallow and deep water. This class promises to have your heart rate moving with a combination of fast paced cardio and core strengthening exercises.