

# 2020 Water Exercise Class Schedule

## September 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:20am Lap Pool 9 participants	Early Aquarisers Carrie		Early Aquarisers Carrie		Early Aquarisers Carrie
7:30-8:30am Lap Pool 9 participants		Power Waves Patti		Power Waves Patti	
9:00-9:45am Leisure Pool 9 participants		Aqua Basics June	Aqua Basics Barb	Aqua Basics June	
10:00-10:45am Lap Pool 9 participants	Deeply Fit Mary	Deeply Fit Sue	Deeply Fit Mary	Deeply Fit Sue	
11:30-1:00pm Lap Pool 15 participants	Master Swim Beth	Master Swim Beth		Master Swim Beth	Master Swim Beth

**\*CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. COVID RESTRICTIONS IN PLACE FOR CLASS SIZE UNTIL FURTHER NOTICE. NO OUTSIDE TRAINING OR GROUP CLASSES ALLOWED. Water Exercise Participants must be 15 years of age accompanied by an adult 18 or over.**

**Early Aquarisers** Class begins at the splash of dawn! Begin in the leisure pool for a warm up then head to the lap pool for a guaranteed challenge by traveling through the water to maximize your stamina. Class meets in Leisure pool and transition to the Lap Pool in Lanes 7-8 for the last ½ hour of class.

**Power Waves** Creative class that is fun to follow and keeps you warm. Crank up the intensity without overloading your mental circuits. Class meets in the Lap Pool. Lanes 7-8

**Deeply Fit** Beginners to advanced take the plunge. Deep water running and traveling guaranteed to challenge your body, your core muscles, your stamina and your mind applying many different exercises and movements for water exercise.

Class meets in Lap Pool lanes 6-8.

**Aqua Basics** Back to Basics, with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness training. Improve strength, balance and function. Class meets in Leisure Pool splash down area.

**Master Swim** Adults (17 & over) class for fitness swimmers, triathletes, & competitive or previously competitive swimmers. Class emphasizes improving stroke technique, swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. If you have any questions contact Coach Beth [bbeth.eldridge@yahoo.com](mailto:bbeth.eldridge@yahoo.com) . Class meets in the Lap Pool lanes 1-5. (15 participants – 3 swimmers per lane)