

Aquatics Activities and Programs

Summer 2007—June 8th – August 22, 2007

An American Red Cross Lifeguard will be on deck during all activities, programs and swim times. This schedule is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The outline below lists the regularly scheduled activities and programs offered in the CFC Aquatics center. The spa and resistance walk are available unless otherwise noted. Lap lanes may be available during this time as well. See the Lap Swim schedule below to find times when the lap lanes will be reserved for lap swimming only.						
	<u>Lap, Spa & Resistance Walk:</u> 5:15 a—1 p	<u>Lap, Spa & Resistance Walk:</u> 5:15 a—1 p	<u>Lap, Spa & Resistance Walk:</u> 5:15 a—1 p	<u>Lap, Spa & Resistance Walk:</u> 5:15 a—1 p	<u>Lap, Spa & Resistance Walk:</u> 5:15 a—1 p	<u>Lap, Spa & Resistance Walk:</u> 7 a—Noon
	<u>Aerobics</u> 8:30a—9:25a 9:35a—10:30a <u>Water Yoga</u> 10:30a—11:30a <u>Little Splashers</u> 9:00a—1:00p	<u>Aerobics</u> 8:00—8:55 a <u>Joints in Motion</u> 9:00a—9:45 a	<u>Aerobics</u> 8:30a—9:25a 9:35a—10:30a <u>Little Splashers</u> 9:00a—1:00p	<u>Aerobics</u> 8:00—8:55 a <u>Joints in Motion</u> 9:00a—9:45 a <u>Water Yoga</u> 10:00a—10:55a <u>Little Splashers</u> 9:00a—1:00p	<u>Aerobics</u> 8:30a—9:25a 9:35a—10:30a	<u>Aerobics</u> 8:00a—8:55a 9:00a—9:55a <u>Rentals</u> 5:30p—7:30p * 4 th & 5 th Sat. of the month only
<u>Open Swim</u> 12—5p	<u>Open Swim</u> 1—8:30p <u>Aerobics</u> 5:00-6:00p 6:00-7:00p	<u>Open Swim</u> 1—8:30p	<u>Open Swim</u> 1—8:30p <u>Aerobics</u> 5:00-6:00p 6:00-7:00p	<u>Open Swim</u> 1—8:30p	<u>Open Swim</u> 1—9:30p <u>Aerobics</u> 5:00-6:00p 6:00-7:00p	<u>Open Swim</u> 12—7:30p*
During Open Swim time the entire pool will be open. Water features, water slide, spa and resistance walk areas are available. Note: water features and certain areas of the pool may be turned off during group swimming lessons or classes and water aerobics. *Open swim will be till 5:30p on the 4 th & 5 th Saturdays of the month due to pool rentals.						

SPECIAL HOURS Monday, May 28 (Memorial Day) and Wednesday, July 4 (Independence Day): Open Swim 11 a.m. – 2:30 p.m.

Lap Swimming Schedule

Because we are committed to helping you achieve your fitness goals, we have reserved the following times for the lap lanes to be used for lap swimming only.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 – 5:00pm	5:15 – 8:00am 10:30a – 1:00p 7:00 – 8:30pm	5:15 – 8:00am 10:30a – 1:00p 7:00 – 8:30pm	5:15 – 8:00am 10:30a – 1:00p 7:00 – 8:30pm	5:15 – 8:00am 10:30a – 1:00p 7:00 – 8:30pm	5:15 – 8:00 am 10:30a – 1:00p	10:00am - Noon

Special Information

***If there are more than 17 people in attendance at any Aerobics or Joints in Motion Class, all lap lanes will be closed.**

- * **SATURDAY NIGHTS** The First Three Saturdays of each month will be open swim from Noon until 7:30 p.m. The Fourth & Fifth Saturday are Rental Nights. Call Marc @ 891-1622 to set up your private pool rental!
 - * **SUMMER PROGRAMS** Information about outdoor aquatic programs for the summer is now available! Stop by the front desk and pick up your schedule today!
 - * **PRIVATE SWIM LESSONS** Ask the front desk for more info. on scheduling a private or semi-private lesson. Each lesson is taught by a Water Safety Certified instructor and can be scheduled at your convenience!
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Definitions & CFC Aquatic Classes & Activities

OPEN SWIM – During Open Swim time the entire pool will be open. Water features, water slide, spa and resistance walking are available. Note: water features and certain areas of the pool may be turned off during water classes.

LAP, SPA & RESISTANCE SWIM – This time is for adult swimmers only . Three lanes are available at all times during Reserved Lap Swim. Lap etiquette has been posted near the lap lanes and we ask that all swimmers respect the rules. If there are more than 2 swimmers in a lane, swimmers should swim in a circle pattern. Kickboards will be available. The Spa and Resistance Walk will also be available during these times. **If there are more than 17 people in attendance at any Aerobics or Joints in Motion Class, all lap lanes will be closed.**

JOINTS IN MOTION - An excellent choice for those who are limited by arthritis or may have special needs. This class is beneficial for participants who need a slower workout. An Arthritis Foundation Aquatics Program certified instructor teaches each class.

WATER YOGA- This class emphasizes breathing, stretching and balance in the water. The no-gravity environment makes this the perfect yoga class for beginners, as well as challenging moves for yoga enthusiasts.

AEROBICS- Each class is designed to help you meet your physical fitness needs. Drop in any time and try a class, and listen for special instructions about how to customize each workout! If there are 17 or more people participating in water aerobics all three lap-swimming lanes will be closed.

RENTAL NIGHT – The fourth and fifth Saturday evening of each month will be reserved for private pool rentals from 5:30 to 7:00 p.m. The fee is \$150 for the hour and a half. Lifeguards are included.

LITTLE SPLASHERS- This program will be held on Monday, Wednesday, and Thursday from 9am to 1pm. Pool features will not be on at this time. Parents should accompany their child at the pool during this time.

During non-scheduled hours the pool will be closed. These times will allow for cleaning, guard training and preparation for classes and events. Thank you for your cooperation during these times. We appreciate your patience and suggestions.