

Aquatic Schedule

Effective: March. 7, 2016 thru April 2, 2016

2640 West Point Rd. Green Bay, WI 54304 Phone 490-3730

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|---------------------------------|---------------------------------|--|----------------------------|--------------------------------|-------------------------------|
| 5:30-6:15 AM | L/A SWIM | L/A SWIM | L/A SWIM | L/A SWIM | L/A SWIM | CLOSED |
| 6:15-7:00 AM | WATER EXERCISE | ADULT SWIM | WATER EXERCISE | ADULT SWIM | DEEP WATER | CLOSED |
| 7:00-8:00 AM | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | |
| 8:00-9:00 AM | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | ADULT/LAP SWIM 8:00a-9:45a |
| 9:00-10:15 AM | WATER EXERCISE 9:15-10:00AM | ADULT SWIM | WATER EXERCISE 9:15-10:00AM | ADULT SWIM | ADULT SWIM | |
| 10:15-11:00AM | EASE THOSE ACHES | WATER EX | EASE THOSE ACHES | WATER EX | DEEP WATER | FAMILY SWIM 10:00a-11:30a |
| 11:00-11:30AM | ADULT SWIM | ADULT SWIM | ADULT SWIM | ADULT SWIM | ADULT SWIM | |
| 11:30AM-1:00PM | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | CLOSED |
| 1:00-4:00 PM | POOL MAINTENANCE | POOL CLOSED 1:00p-2:00p | FAMILY/LAP 1:00p-4:00p | FAMILY/LAP 1:00p-5:30p | POOL MAINTENANCE | |
| | | L/A SWIM 2:00p-4:05p | | | | |
| 4:00-8:00PM | FAMILY SWIM 4:00p-4:50p | SWIM LESSONS 4:15p-5:15p | FAMILY SWIM 4:00-4:50p | | FAMILY SWIM 4:00PM-6:00PM | |
| | SWIM LESSONS 5:00p-6:00p | EASE THOSE ACHES 5:30p-6:15p | AQUA CHALLENGE 5:00p-5:45p | WATER EX 5:45p-6:30p | SAFETY BREAK 6:00p-6:15p | |
| | DEEP WATER CLASS 6:15p-7:00p | FAMILY SWIM 6:30p-8:00p | KAYAK CLASS on the 2 nd , 9 th , 16 th . FAMILY SWIM on the 23 rd , 29 th 6:00p-7:00p | FAMILY SWIM 6:45p-8:00p | FAMILY/LAP SWIM 6:15p-8:00p | |
| | L/A SWIM 7:00p-8:00p | | KAYAK CLASS on the 2 nd , 9 th , 16 th L/A SWIM on the 23 rd , 29 th 7:00p-8:00p | | | |

**** This program is subject to change. Changes will be posted inside the facility. See Aquatic Board. ****

Program Descriptions:

ADULT SWIM: Ages 14 years and older. Set aside for adults with leisure activities. No lap swimming allowed.

FAMILY SWIM: Ages 6 months and older. Families are encouraged to swim together. Children under 10 years must be accompanied by an adult (18 years or older) in the water within arm's length.

FAMILY/LAP SWIM: This is a Combo swim time set aside for **both** family swim time and Limited Lap Swimming. We will have one lane available for lap swimming. A lane line will be put up when needed/requested. Circle swimming will be initiated when there are two or more Lappers.

LAP SWIM: Ages 10 years and older. **Lap swimming only!** When more than 4 people are swimming laps, circle swimming will be initiated. For more information, contact the lifeguard on duty.

L/A SWIM

Ages 14 and older. Combo swim time set aside for **both** lap swimmers and adult individual water walking or exercise.

****Due to the overwhelming response of lap swimmers in the pool and in regards to the size of our pool, we will need to limit lap swim to lap swimmers ONLY!**

*****Scheduled class times are observed for class participants only.**

Class Descriptions:

Class quick guide: (For ages 10 years and older)

- 1- **Beginner, injured, arthritic exerciser**
- 2- **Medium Exercise Class**
- 3- **Advanced Class**

- 1** **EASE THOSE ACHES:** A special class for individuals who suffer from arthritis or are just starting to exercise and need to ease back into an exercise program.
- 1&2** **DEEP WATER:** A flotation belt is used to suspend your body in the deeper area of the pool for a non-impact workout. An Aerobic workout that works the core muscles. Participants must feel comfortable in the water.
- 1&2** **WATER EX:** Designed for individuals of all fitness levels. This water aerobic class will focus on strength training, stretching, range of motion, balance, and cardio.
- 2&3** **AQUA CHALLENGE:** This class consists of strength training and movements that will *challenge* your cardiovascular system. Participants must feel comfortable in the water.

1st Session: March 2nd, 9th, 16st. 2nd Session: April 7th, 14th, 21st.

| Class | Day | Time |
|-----------------|------------|---------------|
| Kayak Session 1 | Wednesday | 6:00pm-7:30pm |
| Kayak Session 2 | Thursday | 6:00pm-7:30pm |

Swimming Lessons January 17, Thru March 12, 2016

| Class | Day | Time |
|--------------------|------------|---------------|
| Pre School | Monday | 5:00pm-5:30pm |
| Pre School | Tuesday | 4:15pm-4:45pm |
| Youth Level I & II | Monday | 5:30pm-6:00pm |
| Youth Level III | Tuesday | 4:45pm-5:15pm |

- Classes are 30 minutes/once a week for 8 weeks.
- Classes with less than 3 participants may be canceled.
- Payment is due at the time of registration. Cost is \$20.00 for OFF Members, \$30.00 for Non-Members.
- Private Swimming lessons are also available at a rate of \$15.00/half hour per individual/Non-member price is \$20.00.
- Private Lessons for Groups of (3-8) are \$35.00 per half hour for OFF Members/Non-member price is \$40.00.

SWIMMING LESSONS: All O.F.F. swim lessons are offered by certified American Red Cross Water Safety Instructors.

Things For You To Know

- ◆ All swimmers must wear a Swimsuit. Men's and boy's suits must have a lining. Shorts and T-shirts are not allowed in the pool.
- ◆ Long hair (shoulder length) needs to be tied back or you may wear a swim cap.
- ◆ We encourage you to wear shower shoes, water shoes, flip flops etc. on your feet in the pool area, showers, and locker rooms.
- ◆ Showers are required before entering the pool.
- ◆ Lifeguards may ask individuals to leave due to unsafe swimming skills/practices.

*****THIS SCHEDULE IS SUBJECT TO CHANGE.**

**Changes will be posted inside our facility and/or new schedules will be put out.
For questions please phone 490-3730.**