

Aquatic Schedule

Effective: June 6, 2016 thru August 20, 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	CLOSED
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	CLOSED
11:00-11:30AM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	
11:30AM-1:00PM	LAP SWIM Swim Lessons 11:30-12:00 (July 11 th - 21 st)	LAP SWIM Swim Lessons 11:30-12:00 (July 11 th - 21 st)	LAP SWIM Swim Lessons 11:30-12:00 (July 11 th - 21 st)	LAP SWIM Swim Lessons 11:30-12:00 (July 11 th - 21 st)	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-4:45p	POOL MAINTENANCE	
		L/A SWIM 2:00p-4:05p				
4:00-8:00PM	SWIM LESSONS 4:00p-5:00p	SWIM LESSONS 4:15p-5:45p	SWIM LESSONS 4:15-4:45p	AQUA CHALLENGE 5:00p-5:45p	WATER EX 5:00p-5:45p	FAMILY/LAP SWIM 4:00PM-6:45PM
	SWIM LESSONS 5:00p-6:00p					
	DEEP WATER CLASS 6:15p-7:00p	WATER EX 6:00p-6:45p	FAMILY/LAP SWIM 6:00p-8:00p	FAMILY SWIM 6:00p-8:00p		
	L/A SWIM 7:00p-8:00p	FAMILY SWIM 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: Classes may
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 class may include strength training, stretching, range of motion, balance, or 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.

Swimming Lessons June 20, Thru August 12, 2016

Class	Day	Time
Parent Tot	Wednesday	4:15pm-4:45pm
Pre School all levels	Monday	4:00pm-4:30pm
Pre School all levels	Monday	5:00pm-5:30pm
Pre School all levels	Tuesday	4:15pm-4:45pm
Youth Level II	Monday	4:30pm-5:00pm
Youth Level I	Monday	5:30pm-6:00pm
Youth Level I & II	Tuesday	5:15pm-5:45pm
Youth Level III	Monday	5:30pm-6:00pm
Youth Level III	Tuesday	4:45pm-5:15pm
Youth Level IV	Tuesday	4:45pm-5:15pm
Adult all levels	Monday	5:00pm-5:30pm

- 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 Lessons may be 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.**