

Aquatic Schedule

Effective: Sept. 4, 2018 thru Jan. 5, 2019

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 (6:15-6:45)	ADULT SWIM	WATER EXERCISE (6:15-6:45)	ADULT SWIM	DEEP WATER (6:15-6:45)	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	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-4:45p	FAMILY/LAP 1:00p-4:45p	POOL MAINTENANCE		
		L/A SWIM 2:00p-4:00p					
4:00-7:30PM	SWIM LESSONS 4:00p-6:00p	SWIM LESSONS 4:00p-6:00p					FAMILY/LAP SWIM 4:00PM-6:30PM
		AQUA CHALLENGE 5:00p-5:45p	WATER EX 5:00p-5:45p				
	DEEP WATER CLASS 6:15p-7:00p	WATER EX 6:15p-7:00p	FAMILY/LAP SWIM 6:00p-7:30p	FAMILY/LAP 6:00p-7:30p			
L/A SWIM 7:00p-7:30p	L/A SWIM 7:00p-7:30p						

****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&3 **DEEP WATER:** A flotation belt is used to suspend your body in the deeper area of the pool for a non-impact workout. This can be 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.

KAYAK LESSON: Oneida Adventures- for class information call Mark 490-3846, for registrations call Lori 490-3803.

SWIMMING LESSONS: All O.F.F. swim lessons are offered by certified American Red Cross Water Safety Instructors. For more information please contact the Front Desk.

Swimming Lessons: Sept.17, Thru Nov. 6, 2018

Class	Day	Time
Parent Tot ages 6 month-3 years	Tuesday	4:00pm-4:30pm
Pre School all levels age 4	Monday	4:00pm-4:30pm
Youth Level I ages 5 and older	Monday	4:30pm-5:00pm
Youth Level II	Monday	5:00pm-5:30pm
Youth Level II	Tuesday	4:30pm-5:00pm
Youth Level III	Monday	5:30pm-6:00pm
Youth Level IV	Tuesday	5:00pm-5:30pm
Youth Level V	Tuesday	5:30pm-6:00pm

- 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.

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. No Street shoes or Boots in the pool area please remove before entering.**

♦ **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.