

Aquatic Schedule
Effective: Jan 7, 2019 thru March 2, 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-3:00p	POOL CLOSED 1:00p-3:00p	POOL CLOSED 1:00p-3:00p	POOL MAINTENANCE	
		L/A SWIM 3:00p-4:00p	FAMILY/LAP SWIM 3:00p-4:45p	FAMILY/LAP SWIM 3:00p-4:45p		
4:00-7:00PM	FAMILY/LAP SWIM 4:00p-5:45p	FAMILY/LAP SWIM 4:00p-5:45p			FAMILY/LAP SWIM 4:00PM-6:30PM	
			AQUA CHALLENGE 5:00p-5:45p	WATER EX 5:00p-5:45p		
	DEEP WATER CLASS 6:00p-6:45p	WATER EX 6:00p-6:45p	FAMILY/LAP SWIM 6:00p-7:00p	FAMILY/LAP SWIM 6:00p-7:00p		
	POOL CLOSED	POOL CLOSED				

**** 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.

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.