

midtown aquatics schedule

Effective June 22, 2020

m	t	w	t	f	s	s
Morning Sessions:						
Lap Swim 5:30-8:00 Aquacise 8:00-9:00 H2O Power Hour 9:00-10:00 Open Swim 10:00-10:30 Stretch & Tone 10:30-11:00 Seniorcise 11:00-12:00	Lap Swim* 5:30-8:00 Deep Water Interval 8:00-9:00 Open Swim 9:00-10:30 Stretch & Tone 10:30-11:00 Seniorcise 11:00-12:00	Lap Swim* 5:30-8:00 Aquacise 8:00-9:00 H2O Power Hour 9:00-10:00 Open Swim 10:00-10:30 Stretch & Tone 10:30-11:00 Seniorcise 11:00-12:00	Lap Swim* 5:30-8:00 Deep Water Interval 8:00-9:00 Open Swim 9:00-10:30 Stretch & Tone 10:30-11:00 Seniorcise 11:00-12:00	Lap Swim* 5:30-8:00 Aquacise 8:00-9:00 H2O PowerHour 9:00-10:00 Open Swim 10:00-10:30 Stretch & Tone 10:30-11:00 Seniorcise 11:00-12:00	Lap Swim* 8:00-11:30	
Afternoon Sessions:						
Lap Swim* 12:00-2:00 Open Swim** 2:00-4:00	Lap Swim* 12:00-2:00 Open Swim** 2:00-4:00	Lap Swim* 12:00-2:00 Open Swim** 2:00-4:00	Lap Swim* 12:00-2:00 Open Swim** 2:00-4:00	Lap Swim* 12:00-2:00 Open Swim** 2:00-4:00	Arthritis Aquatics Program 11:30-12:30	CLOSED
Evening Sessions:						
Lap Swim* 4:00-6:30	Lap Swim* 4:00-6:30	Lap Swim* 4:00-6:30	Lap Swim* 4:00-6:30	Lap Swim* 4:00-6:30	Fitness Hours: Mon-Fri 5:30am-7pm Saturday 8am-1pm Sunday Closed	* Advance registration on SignUp-Genius required. ** In order to better serve our members, one lap lane will be left in at these times.

aquatics class descriptions

Aqua Cardio Blast — Aqua Cardio Blast is all about a high cardio class matching the music and the moves! Explore a variety of movement options for different music styles, including Swing, Pop, and Tribal.

Aquacise — This class is a combination of cardiovascular, strength training, stretching, and toning exercise done in the shallow and deep water. The resistance of the water increases the intensity of the workout while providing low impact activity that protects the joints.

Arthritis Aquatics Program — All classes are taught by Arthritis Foundation certified instructors and match the class routines to the fitness levels of the participants. Recommended for anyone diagnosed with arthritis or those who routinely experience joint pain.

Baby & Me - Developed for children 6 months up to 3 years, Guardians and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Classes meet weekly on Friday evenings from 6:00pm-6:30pm. *Splash Pool is reserve for this class at this time.

Boot Camp H2O — Boot Camp H2O aquatic fitness is a HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on joints and expands lung capacity, as well as the benefits of weight and resistance training of a traditional gym.

Deep Water Interval - Delivers an hour long, interval exercise with virtually no impact! This class features a mix of cardio, muscle conditioning and core exercises.

Family Free Swim — The pool is reserved for nothing but family fun time! A program paid member must be present and children must be accompanied by an adult who is 18 years or older.

Group Lessons — The pool is reserved for youth group swim lessons during this time.

H2O Power Hour — This class provides a high cardio workout with very low impact. Primarily a deep water class, this class offers a strength and conditioning workout utilizing the properties of water to strengthen and overload specific muscle groups.

Lap Exercise — The entire pool is dedicated to lap swimming and exercising. Exercisers may use flotation devices during this time only.

Lap/Open— The pool is divided equally into lap swim and open swim.

Lap Swim — A time designated for lap swimming only.

Open Swim — The pool is reserved for all program paid youth and adults. Therefore, no activities will be scheduled during this time.

Seniorcise — This 60-minute class is designed to help increase one's range of motion, coordination, balance and endurance.

Stretch and Tone — Designed to help develop flexibility and mobility. Stretch and Tone features full-body stretching, toning, and balancing combinations in the shallow end of the pool.

Swim Team — This time is dedicated for youth swim team practice.

Vertical Core — Shallow and deep water exercise combinations to tone the core and help obtain strength and balance.