

AQUATIC SCHEDULE MARCH 2020



MONDAY	5:30-8:50AM	LAP SWIM
	9:00-10AM	STRETCH & STRENGTH
	10-11:00AM	LAP SWIM
	11:00-12PM	AFAP
	1:00- 2PM	AFAP
	2-4:30PM	LAPSWIM
	4:30-5:30PM	AQUA ZUMBA
5:45-6:45pm	FLEX AND STRETCH	
	6:30-8:30PM	SBEV children's swim program
TUESDAY	8:30AM	AQUA FIT
	10:00-11AM	STRENGTH & STRETCH
	1:00-2PM	AFAP
	12-4:30PM	LAP SWIM
	4:30-5:30PM	STRETCH & STRENGTH (s&s)
	5:30-9PM	SWIM LESSONS
WEDNESDAY	5:30-8:50AM	LAP SWIM
	9:00-10AM	AQUA ZUMBA
	10-11:00AM	LAP SWIM
	11:00-12PM	AFAP
	1:00-2PM	AFAP
	2-4:30PM	LAP SWIM
	4:30-5:15PM	AQUA BODS
	5:30-6:30PM	BOKWA H2O
	6:30-8:30pm	SBEV Children's swim Program
THURSDAY	5:30-9:50AM	LAP SWIM
	8:30-9:30AM	AQUA ZUMBA
	10:00-11AM	STRENGTH & STRETCH
	1:00-2PM	AFAP
	12-4:30PM	LAPSWIM
	4:30-5:30PM	AQUA ZUMBA/TONE
	5:30-9:30PM	SWIM LESSONS
FRIDAY	5:30-8:50AM	LAP SWIM
	9:00-10AM	WATER WORKS
	10-11:00AM	LAP SWIM
	11:00-12PM	AFAP
	1:00-2PM	AFAP
	4:30-5:30PM	STRETCH AND STRENGTH(s&s)
	2-9:50PM	LAP SWIM
SATURDAY	7-8:30AM	LAP SWIM
	8:30AM	AQUA ZUMBA
	10-2:00PM	SWIM LESSONS
	1-4:00PM	FAMILY DAY
	3-6:00PM	LAP SWIM
SUNDAY	1-4:00PM	FAMILY DAY

NOTE: Pool classes require swimsuit attire. T-shirts may be worn over suit. Also Michigan State guidelines require showering prior to entering pool or jacuzzi.

AFAP: Level 1: Arthritis Foundation Aquatic Program is now a new and improved program authorized by the arthritis foundation. It include range of motion for all joints with strengthening exercises and an endurance component. The optional use of equipment allows those diverse fitness level to find the level of work that is right for them.

AQUA BODS: This 45 minute class will combine walking, noodles and weights for a low impact, total body workout.

AQUA ZUMBA: Level 1-3: This latin inspired class format combines fast and slow rhythms that tone and sculpt the body. Aqua Zumba is lots of fun so come join the PARTY and get a great workout.

AQUA\ZEN (Level 1-3) (40 min AQUA AEROBICS + 20 min Zen AND Weights): A challenging cardio workout for participants of all fitness levels. Zen is a class that combines Yoga, Pilates and hand weights in the water. The focus is on balancing, core strengthening, and stretching. A great combination of exercises for an all around, total body, workout. Bring water to drink and prepare to sweat. Non-swimmers are welcome!!

BOKWA H2O: COMBINES SIMPLE ADDICTIVE BOKWA STEPS WITH LOW IMPACT MOVEMENTS TO CREATE A FUN AND ENERGIZING WORKOUT.

FAMILY SWIM: Enjoy water activities with the family. Goggles, snorkels and swim fins are permitted. Do not bring inflatable rafts or face masks that enclose the nose. Inflatable arm bands and swim diapers are encouraged. Disposable diapers are not allowed in the pool.

LAP SWIM: A designated time when 2 lane markers will be utilize to accommodate lap swimming.

LESSONS: Swim lessons for adults and children are scheduled on an ongoing bases. Flyers with lesson dates and times are posted at the front desk.

STRENGTH & STRETCH (S&S): Level 1-2: A 1 hour class that will strengthen your muscles and cardiovascular system plus improve flexibility.

TABAT BLAST: Level 2-3: Challenge yourself with **6 full rounds of Tabata** (1 Tabata round = 8 cycles of 20 seconds at maximum effort with 10 seconds of rest) for half the class period and perform exercises using various resistance tools for the other half of class. An intense, fast paced, 60 minute class, that will improve cardio fitness, muscular endurance, strength and flexibility. This class will target all muscle groups. Bring water to drink and be prepared to sweat, even in the pool! Non-swimmers welcome

TABATA : Level 2-3: High Intensity Interval Training designed for those who want to work hard. Utilize short bouts of very intense exercise intertwined with short bouts of rest to target every part of your body. Improve your cardiovascular fitness, muscular endurance, strength and flexibility. Reduce your training time while increasing your metabolic rate. Continue burning calories and fat after your workout. You will complete **8 full rounds of Tabata** in this 60 minute class. (1 Tabata round = 8 cycles of 20 seconds at 10 seconds of rest.

WATER WORKS (ww) Level 1-2: An easy to follow 60 minute program using various types of water resistance to improve cardio, strength and flexibility. Challenge your workout in the water and improve your overall fitness.

Level 1: Beginner Level 2: Intermediate Level 3: Advanced

Swimming skills are not necessary in an aqua aerobic exercise class. However, swimming skills can be a valuable component to your water workout. Swim lessons are available continuously. Please see pool staff for arrangements.

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