

Aquatic Group Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Master Swim 5:45 a.m.	Water Power 5:15 a.m.				Master Swim 7:30 a.m.
In Too Deep 8 a.m.		Aqua Blast 8 a.m.		In Too Deep 8 a.m.	
Thermal Fusion 8 a.m.	Fibromyalgia 8 a.m.	Fibromyalgia 8 a.m.			
Aqua Blast 9 a.m.	Liquid TNT 9 a.m.	Water Power 9 a.m.	Liquid TNT 9 a.m.	Water Power 9 a.m.	Parent and Me (fee based) 9 a.m.
Water Power 9 a.m.	Water Tabata 9 a.m.		Water Tabata 9 a.m.		
Fibromyalgia 10 a.m.		Fibromyalgia 10 a.m.	Aqua Blast 10 a.m.	Fibromyalgia 10 a.m.	Liquid TNT 10 a.m.
			Balance Stability Ex 10:15 a.m.		
			Arthritis 11 a.m.	Arthritis 11 a.m.	
					SUNDAY
	Arthritis 1 p.m.				Splash Dancin' 10 a.m.
	Back Camp 4 p.m.		Back Camp 4 p.m.		
Preschool Swim (fee based) 5 p.m.	Aqua Blast 5 p.m.				
Parent and Me (fee based) 6 p.m.	Beginner Youth Fit Swim (fee based) 6 p.m.				
	Advanced Youth Fit Swim (fee based) 6:45 p.m.		Special Olympics Swim Team Practice 7 p.m. to 8 p.m.		



Color indicates warm water pool classes.

• Lap Pool unavailable Thursday evenings from 7 p.m. to 8 p.m. for Special Olympics Team practice.

• The warm water pool is not open for general use during scheduled classes.

For more information, please visit the Member Services desk.



Aquatic Class Descriptions

Aqua Blast

This is an intense workout for a more conditioned exerciser. Using a variety of resistance tools you will condition and sculpt through a great water workout.

Arthritis – Water Exercise*

Designed specifically for seniors, but all ages, levels and abilities are welcome. Loosen tight, painful joints and get more out of everyday living.

Back Camp*

The care and maintenance of your back is just the beginning. Participants strengthen and shape the muscles that support the back, learn proper techniques for everyday activity and enjoy the healing effects of warm water activity.

Balance and Stability Express

This 30-minute class will focus in on different techniques to help improve your balance by using the water to help stabilize and work your body to allow it to learn how to gain better stability and overall balance when doing daily tasks and activities.

Fibromyalgia*

This warm water activity class includes stretching, strengthening, aerobic activity and relaxation techniques. Although the class is designed specifically to improve the symptoms of fibromyalgia, it is appropriate for others who need a low/no impact class in the therapy pool.

In Too Deep

A fun and challenging workout utilizing buoyancy resistance in deep water. A no-impact workout that is easy on joints yet totally exhilarating for all fitness levels. A flotation device is used.

Liquid TNT

Take the weight room to the pool. This innovative and challenging workout utilizes the unique properties of water to strengthen and tone while simultaneously working to balance and stabilize the body.

Parent and Me

Our Parent and Me class is designed to be one of your child's first experiences with swim lessons. Our instructor will guide you and your child on the different ways to become comfortable in the water and prepare your child for future swim lessons.

Thermal Fusion

This yoga/Pilates inspired class will help improve balance, flexibility, coordination and stamina. This class will leave you feeling refreshed and relaxed.

Splash Dancin'

Ready to splash, move, and groove? Splash Dancin' is a fun, high-energy class where you'll dance in the water to your favorite tunes from different decades—all while boosting flexibility, balance, strength, and cardiovascular endurance. The movements are easy on the joints, yet packed with energy! No matter your fitness level, you'll feel right at home in this lively, welcoming class. Come make a splash with us and have a blast getting fit in a whole new way!

Water Power

Easy to learn water exercise using the power of the water with several different types of equipment designed to build strength, increase aerobic fitness, improve flexibility and help control your weight. This class is for all ages with intermediate to advanced fitness levels.

Water Tabata

Tabata Interval Training is one of the most effective types of high intensity interval training! Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Previous exercise experience recommended for this truly high-intensity class.

West Wood Master Swim

Master Swim is for members and non-members that are looking for a structured swimming workout. This program includes individuals with a broad range of abilities, from fitness and lap swimmers to triathletes and competitively minded swimmers. There is a coach at every practice with a workout.