

Leisure Pool

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30am-12pm Adult Swim Only 12-9pm Open Swim	2 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	3 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim	4 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	5 7-11am Adult Swim Only 11am-6pm Open Swim
6 12-6pm Open Swim	7 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	8 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim	9 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	10 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim	11 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	12 7-11am Adult Swim Only 11am-6pm Open Swim
13 12-6pm Open Swim	14 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	15 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons	16 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	17 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons	18 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	19 7-11am Adult Swim Only 9-11:30am Swim Lessons 11am-6pm Open Swim 1-3pm Group (25-35)
20 12-6pm Open Swim	21 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim 6-8pm J-Hawk Swim	22 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons	23 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim 6-8pm J-Hawk Swim	24 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons	25 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim	26 7-11am Adult Swim Only 9-11:30am Swim Lessons 11am-6pm Open Swim
27 12-6pm Open Swim	28 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim 6-8pm J-Hawk Swim	29 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons	30 5:30am-12pm Adult Swim Only 7-7:45am Arthritis Motion 8-8:45am Arthritis Motion 12-9pm Open Swim 6-8pm J-Hawk Swim	31 5:30am-12pm Adult Swim Only 7:30-8:15am Water Movement 8:30-9:15am Arthritis Movement 12-9pm Open Swim 4:30-7pm WAFC Swim Lessons		

Leisure Pool- Water Aerobics Class Descriptions

Arthritis Motion: Slow moving class using stretching techniques for joints and muscles, while working on strength, flexibility, and balance.

Instructors: Lorrie/Linda/Sue

Water Movement: Moderate paced water exercise that uses a pool noodle to create more resistance.

Instructors: Janie/Linda

Visiting Groups

January 19th 1-3pm (25-35 people)