

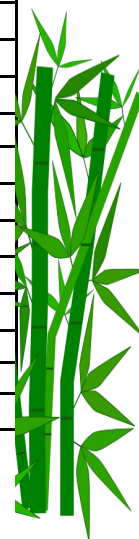


Effective 6/3/2017

Adventure Lagoon Pool Schedule

Day & Time	Activity/Class
Sunday	
9-10:45 a.m.	LAP SWIM
9-10 a.m.	AQUA CIRCUIT
1-6 p.m.	OPEN TO MEMBERS AND GUESTS
Monday	
8:30-9:30 a.m.	AQUA BOOT CAMP
1-5:30 p.m.	OPEN TO MEMBERS AND GUESTS
5:30-6:30 p.m.	LAP SWIM
5:30-6:30 p.m.	DEEP WATER RUNNING
6:30-7:30 pm	MASTERS SWIMMING
Tuesday	
8:45-10:30 a.m.	LAP SWIM
1-6 p.m.	OPEN TO MEMBERS AND GUESTS
Wednesday	
5:30-6:30am	MASTERS SWIMMING
1-6 p.m.	OPEN TO MEMBERS AND GUESTS
6:30-7:30 p.m.	TRI TEAM WORKOUTS
Thursday	
8:45-10:30 a.m.	LAP SWIM
9-10 a.m.	WATER IN MOTION
1-6 p.m.	OPEN TO MEMBERS AND GUESTS
6:30-7:30pm	MASTERS SWIMMING
Friday	
5:30-6:30 am	MASTERS SWIMMING
8:45-10:30 a.m.	LAP SWIM
1-6 p.m.	OPEN TO MEMBERS AND GUESTS
Saturday	
8-10:00 a.m.	LAP SWIM
8:15-9 a.m.	AQUA ZUMBA
9-10am	WATER IN MOTION
1-6 p.m.	OPEN TO MEMBERS AND GUESTS

- **Must have Gold or Gold Cove membership to attend classes.**
- **Must have a Cove membership to use lap pool or Adventure Lagoon.**
- **Adults 18+ may use the water basketball area during lap swim times when it is not being used for other programs or classes.**
- **Classes in bold will come inside during inclement weather**



****Schedule subject to change without notice**** All classes and programs will be offered as weather permits. Clear conditions and a minimum air temperature of 60 degrees are required 30 minutes prior to scheduled program. Management reserves the right to alter open lap swim times based on attendance. The decision will be based on the weather application found on PAC homepage. In the event of inclement weather classes and programs will be held indoors.

UNDERSTANDING THE SCHEDULE

All **UPPERCASE** type indicates it is a specialty class and included with Gold Cove Memberships.
All **Bold** type indicates advanced registration and program fee.

Lap Swimming Guidelines:

- All POP's and Teen Tag participants must pass a deep water test with the lifeguard prior to swimming laps.
- Children not in POP's or Teen Tag swimming laps during lap swim must have direct adult supervision.
- Children must be able to swim laps without stopping or hanging on the lane lines, and have to be able to tread water in the deep end.
- If participation does not reach an average of 5 swimmers per hour lap swim time may be reevaluated.

All AQUA FITNESS CLASSES require a class tag

In order to attend Aqua Fitness Classes, all participants must pick up a class tag at the front or back desk that goes to the instructor
Space is limited to the first 25 participants.

Class fees are as follows:

- Gold memberships include all UPPERCASE classes.
- All other membership levels can purchase class tickets in packs of 10 for \$40. Single class tickets are \$7.50. Non-members may attend a specialty class by purchasing a club guest pass for \$15

CLASS DESCRIPTIONS

Aqua Circuit an intermediate level of training alternating between strength and cardio. Stations or intervals are created both in shallow and deep water. Always different with a goal to challenge your body; increasing strength and endurance. Equipment is used to enhance this class.

DEEP WATER RUNNING is a 30 minute class featuring low to no impact workouts, core exercise, abdominal moves, upper body resistance training and stretching. You will build muscle, increase aerobic conditioning, and improve flexibility. You do not need to know how to swim to take the class.

WATER IN MOTION is a pre-choreographed, vertical exercise program that helps participants get results regardless of age, skill or fitness level. Work and play to the best tunes in a low impact environment.

AQUA ZUMBA Known as the Zumba pool party, the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.

AQUA BOOTCAMP Is large group training with high intensity interval exercises that challenge participants to their limits. This training is designed for those who have been exercising regularly and need more variety in their workouts. Our certified personal trainers provide the intensity and variety with the added accountability and motivation that comes with individuals that train and succeed as a team.

TRI-TEAM WORKOUTS are group workouts organized and lead by USAT certified coaches. Becoming a part of this team is a chance to make friendships that could last a lifetime. Our goal is to help athletes achieve their personal athletic goals while having fun!

MASTERS SWIMMING Coached workouts will give the beginner swimmers or advanced swimmers the ability to focus on drills, distance and speed. With goals in mind, the challenging workouts will take your endurance and speed to the next level. Each class will offer you the opportunity to improve stroke technique and refine your strokes.



For more information please contact the Aquatic Department at (608) 837-4646