

Lap Pool Schedule

Please check www.prairieathletic.com for holiday hours as they may differ

Effective 10/10/2017

SUNDAY

Pool Hours: 6 am-9 pm

| Time | Class | Number of Open Lanes |
|--------------|--------------------------|----------------------|
| 6-7:55 am | Lap Swim | 6 |
| 7:55-8:50 am | BOGA FITMAT | 2 |
| 8:50- 9 am | Lap Swim | 6 |
| 9-10 am | Aqua circuit | 2-3 |
| 10 am-1 pm | Lap Swim | 6 |
| 1-9 pm | Lap Swim and Family Swim | 3 |

MONDAY

Pool Hours: 5 am-10:30 pm

| Time | Class | Number of Open Lanes |
|---------------|---|----------------------|
| 5-5:30 am | Lap Swim | 6 |
| 5:30-6:30 am | Aqua Circuit/Tabata | 3 |
| 6:30-8:15 am | Lap Swim | 6 |
| 8:15-9 am | Aqua Circuit/Tabata express | 2-3 |
| 9-10 am | Aqua Fit | 2-4 |
| 10 am-3:30 pm | Lap Swim | 6 |
| 3:30-5:25 pm | Lap Swim and Private Swim Lessons | 4 |
| 5:25-6:20 PM | BOGA FITMAT & Transition Pool | 2 |
| 6:20-6:30 | Lap Swim | 6 |
| 6:30-7:45 pm | MASTERS SWIMMING | 0 |
| 7-7:30 pm | Swim Lessons (begins 9/11) 3 lanes | 0 |
| 7:30-7:45 pm | Lap Swim | 2 |
| 7:45-10:30pm | Lap Swim | 6 |

TUESDAY

Pool Hours: 4:30 am-10 pm

| Time | Class | Number of Open Lanes |
|--------------------|--|----------------------|
| 4:30-5:15 am | Lap Swim | 6 |
| 5:15-6:30 am | MASTERS SWIMMING | 0 |
| 6:30-8:15 am | Lap Swim | 6 |
| 8:15-9:00 am | Tri-Aqua | 2-3 |
| 9-10 am | Aqua Fit | 2-3 |
| 10-10:10 am | Lap Swim | 6 |
| 10:10-11:05 am | BOGA FITMAT and Transition Pool | 2 |
| 11:05 am - 3:30 pm | Lap swim | 6 |
| 3:30-5:30 pm | Lap Swim and Private Swim Lessons | 4 |
| 5:30-6:30 pm | Shallow/Deep Combo | 2-3 |
| 6:30-7:45 pm | Swim Lessons, Competitive Swim | 0 |
| 6:30-7:15 pm | MASTERS SWIMMING | 0 |
| 7:45-10:00 pm | Lap Swim | 6 |

WEDNESDAY

Pool Hours: 5 am-10 pm

| Time | Class | Number of Open Lanes |
|---------------|--|----------------------|
| 5-5:30 am | Lap Swim | 6 |
| 5:30-6:30 am | Aqua Circuit/Tabata | 3 |
| 6:30-8:15 am | Lap Swim | 6 |
| 8:15- 9 am | Water in Motion Express | 2-3 |
| 9-10 am | Shallow/Deep Combo | 2-3 |
| 10 am-3:30 pm | Lap Swim | 6 |
| 3:30-5:25 pm | Lap Swim and Private Swim Lessons | 4 |
| 5:25-6:20PM | BOGA FITMAT and Transition Pool | 2 |
| 6:20-6:30 | Lap Swim | 6 |
| 6:30-7:45 pm | MASTERS SWIMMING | 2 |
| 7:45-10pm | Lap Swim | 6 |

THURSDAY

Pool Hours: 4:30 am-10:30 pm

| Time | Class | Number of Open Lanes |
|----------------|--|----------------------|
| 4:30-5:15 am | Lap Swim | 6 |
| 5:15-6:30 am | MASTERS SWIMMING | 0 |
| 6:30-8:15 am | Lap Swim | 6 |
| 8:15-9 am | Power Mashup Express | 2-3 |
| 9-10 am | WATER IN MOTION | 2-3 |
| 10-10:10 am | Lap Swim | 6 |
| 10:10-11:05 am | BOGA FITMAT and Transition Pool | 2 |
| 11:05 am-4 pm | Lap Swim | 6 |
| 4-5:30 pm | Swim Lessons | 4 |
| 5:30-6:30 pm | Aqua Circuit/Tabata | 3 |
| 6:30-7:15 pm | MASTERS SWIMMING, | 2 |
| 7-7:45 pm | Adult Swim Lessons | 0 |
| 7:15-7:45 pm | Lap Swim/ Swim Lessons | 3-4 |
| 7:45-10:30pm | Lap Swim | 6 |

FRIDAY

Pool Hours: 5 am-10 pm

| Time | Class | Number of Open Lanes |
|----------------|--|----------------------|
| 5-5:30 am | Lap Swim | 6 |
| 5:50-6:35 am | BOGA FITMAT and Transition Pool | 2 |
| 6:35-8:15 am | Lap Swim | 6 |
| 8:15-9 am | Aquatic Kickboxing Express | 2-3 |
| 9-10 am | Aqua Fit | 2-3 |
| 10-10:55 am | Lap Swim | 6 |
| 10:55-11:55 am | BOGA YOGA and Trainsition | 2 |
| 11:55-3:30 pm | Lap Swim | 2 |
| 3:30-5 pm | Lap Swim and Private Swim Lessons | 4 |
| 5-9 pm | Lap Swim and Family Swim | 3 |
| 9-10 pm | Lap Swim | 6 |

SATURDAY

Pool Hours: 6 am-10 pm

| Time | Class | Number of Open Lanes |
|----------------|----------------------------------|----------------------|
| 6-8:15 am | Lap Swim | 6 |
| 8:15-9 am | AQUA ZUMBA* | 2-3 |
| 9-10 am | WATER IN MOTION | 2-3 |
| 10-10:45 am | Lap Swim | 6 |
| 10:45-11:15 am | Lap Swim and Swim Lessons | 3 |
| 11:15 am -1 pm | Lap Swim | 6 |
| 1-9 pm | Lap Swim and Family Swim | 3 |
| 9-10pm | Lap Swim | 6 |

- Aqua Fitness classes will use 4 lanes when class size is **14** or greater,
- There is no diving in pool except during family swim times.

Understanding The Schedule

All classes typed in lower case indicates FREE to all members. Classes typed in UPPERCASE indicates it is a specialty class and is included only in the Gold and Gold Cove Memberships. All **Bold Italic** indicates advanced registration and additional program fee.

All Aqua Fitness Classes require a class tag

Please refer to back side of this schedule for individual class descriptions.

When swimming lessons and other programs are not in session, the lap pool defaults to lap swimming.

Please see lifeguard if you would like to use the diving block to practice diving.

Schedule subject to change without notice. All swimmers ages 12 and under must pass a deep water test with the lifeguard prior to swimming in deep end without a parent. POP's must check in with the Aquatic Director prior to swimming laps without adult supervision. Children swimming laps during Lap Swim only must have direct adult supervision in the Lap Pool area. 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. All Children ages 9 and under must have direct parent supervision in the lap pool at all times. All lanes must be shared by swimmers. Circle swimming will begin once there are more than 3 swimmers in a double-width lane. Private Swimming Lessons are taught at a variety of times during the day in the lap pool. Private swim lessons and lap swim will share the pool. See lifeguard for further assistance in finding a place for you to swim.

**For more info about the Lap Pool contact:
aquatics@prairieathletic.com or at 608-834-2622**

UNDERSTANDING THE SCHEDULE

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 20 participants.

Classes included in memberships:

All lower case type indicates FREE to all members, UPPERCASE type indicates it is a specialty class and is included only with Platinum, Gold and Gold Cove memberships. All **BOLD/ITALICIZED UPPERCASE** type indicates advanced registration and program fee. Tickets may be purchased for any gold level. Tickets are 10 for \$40.

Class Descriptions:

*All non-swimming based classes suitable for all fitness levels. Instructor will help personalize your training. Masters, Beginner and Advanced Beginner swimming classes are geared for specific ability levels. Aqua Fit: If you are new to the water or an experienced participant this is a great class. The class offers a moderate level or intensity. The instructor will demonstrate higher or lower versions of moves to personalize your training.

Shallow/Deep Combo: Prepare to explore all water depths. Utilize intense cardio energy and a great variety of equipment. Emphasis is on strength and toning.

Aqua Circuit/Tabata: An intermediate to high intensity level of training alternating between strength and cardio. Stations or intervals are created both in shallow and deep water. HIIT (High Intensity Interval Training) is also incorporated with a goal to challenge your body; increasing strength and endurance. Equipment can be used to enhance this class.

Aquatic Kickboxing: designed for all levels of fitness and involves powerful boxing and kicking movements in the water. Fantastic ab workout, great cross training and big calorie burn without the impact.

Tri-Aqua: Featuring swimming, biking and running in the pool! Take out the impact to improve your form and cardiovascular conditioning. Expect a lot of traveling movement in this high energy athletic class. Power Mash-up: Kick, punch and run your way into fitness! First half focuses on cardio while the last half will focus on strength training and core conditioning. Cool down with 5 min of stretching to complete this awesome total body workout!

AQUA ZUMBA: Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. 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 YOGA: Held in the warm water therapy pool. Bringing yoga off the mat and into the water making it accessible to everyone. Those with muscle or joint limitations, pregnant woman, athletes, and experienced yoga students looking to deepen their practice will enjoy the peaceful and calming effects of the water.

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

BOGA FITMAT: Builds strength, deepens flexibility, and improves balance and coordination. A workout that is sure to get your heart pumping with low impact on your body! You will experience elements of yoga, Pilates, resistance band training and much more!

BOGA YOGA: Taking your yoga practice out of the studio and on to the water is sure to challenge both your mind and your body.

MASTERS SWIM: For the serious swimmer who wants to perfect stroke technique and participate in coached workouts. A great fit for sprinters, triathletes, or anyone wanting to make swimming a major part of their fitness routine!

For more info contact aquatics@prairieathletic.com or 608-834-2622