



Lap Pool Schedule

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

Effective 09/06/2016, r1

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 Express	2-4
9-10 am	Aqua Fit	2-4
10 am-3:30 pm	Lap Swim	6
3:30-5:30 pm	Lap Swim and Private Swim Lessons	4
5:30-6:30 pm	DEEP WATER RUNNING	2-3
6:30-7:45 pm	MASTERS SWIMMING	0
7-7:30 pm	Swim Lessons (begins 9/12) 3 lanes	0
7:30-7:45 pm	Lap Swim	3
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
5:30-6:30 am	Shallow/Deep Combo	3
6:30-8:15 am	Lap Swim	6
8:15-9 am	Aqua Kickboxing Express	2-3
9-10 am	Aqua Fit	2-3
9 am-3:30 pm	Lap Swim	3-6
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

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
10am-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 pm	Swim Lessons, 3 lanes	0
6:30-7:45 pm	MASTERS SWIMMING	0
7:45-10:00 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

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
3:30-5:30 pm	Lap Swim and Private Swim Lessons	4
5:30-6:30pm	Power Mashup	2-3
6:30-7:45 pm	MASTERS SWIMMING	0
6:45-7:30 pm	Competitive swim, 2 lanes	0
7:30-7:45	Lap Swim	2
7:45-10pm	Lap Swim	6

SUNDAY		
Pool Hours: 6 am-9 pm		
Time	Class	Number of Open Lanes
6-9 am	Lap Swim	6
9-10 am	Aqua circuit	2-3
10 am-12 pm	Lap Swim	6
12-1 pm	Diving Practice/ Lap Swim	6
1-9 pm	Lap Swim and Family Swim	3

THURSDAY		
Pool Hours: 4:30 am-10:30 pm		
Time	Class	Number 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 am-4 pm	Lap Swim	6
4-5:30 pm	Swim Lessons	4
5:30-6:30 pm	Aqua Circuit	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

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.

Swim Lesson Session Dates:

Fall I- Sept. 12-Oct 22

Fall II-Oct. 24-Dec. 10, No Class 10/31-make-up is 12/12

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

- Aqua Fitness classes will use 4 lanes when class size is **14** or greater, **10** or greater if the class is Deep Water Running.
- There is no diving in pool except during family swim times.

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 Tim Sanders at 608-837-4646

or email t.sanders@prairieathletic.com

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 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: 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.

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.

75 Min. Power Mash-up: Kick, punch and run your way into fitness! First 35 minutes focuses on cardio while the last 35 min 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.

DEEP WATER RUNNING: Little or no joint impact ideal for runners, cross training or those looking for a quick moving workout. Maximize time and efficiency through interval training while increasing strength, flexibility and range of motion. A flotation device will be used.

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.

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!

ADULT BEGINNER AND ADVANCED BEGINNER SWIM LESSONS: For those who have little to no experience swimming, PAC offers Beginner Swim Lessons. Participants will learn kicking, swimming, floating treading water, and basic crawl stroke. Advanced Beginner Swim Lessons are the next step in your swimming progression, adding back crawl, side stroke, and breast stroke, while building strength and endurance.

*** With two weeks notice, a posting on our activities calendar and a personal email notification to all members enrolled in PAC's personal email notification system, special classes may schedule pool use during regularly scheduled lap swim.

Stop at the front desk to sign up for personal email notifications!***

When Aqua Fitness classes reach 16 participants, another lane will be removed reducing the number of lap lanes available for swimming laps. Unless posted, a minimum of two lanes will be open for private lessons and lap swimming at all times. Lanes will be moved up to 15 minutes after the start of a class.

All Children under the age of 14 must complete a deep water swim test, please see the lifeguard for further information! P.O.P. program allows 10 and 11 year olds to swim during lap swim time. See front desk for further information about the P.O.P. program. Children under the age of 8 must have adult supervision in the Lap Pool at all times.

For more info contact Tim Sanders at 608-837-4646 or t.sanders@prairieathletic.com