

Warm Water Pool Schedule

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

Effective: 2/6/2017

MONDAY

Pool Hours: 5 am-10:30pm

5-6 am	Adult Only Swim	
6-7 am	AFAP PLUS	Janet/Jan
7-7:45 am	Adult Only Swim	
7:45-8:45 am	AFAP PLUS	Maralee
8:45-9:15 am	Adult Only Swim	
9:15-10:00 am	Flexibility in Movement	Maralee
10:00 am-12 pm	Adult Only Swim	
12-12:45 pm	Ai Chi	
12:45-3 pm	Adult Swim Only	
3-5:00 pm	Family Swim	
5:00-5:45 pm	AFAP PLUS	Teresa
5:45-6pm	Adult Only Swim	
6 -7:30 pm	Family Swim	
7:30-10:30 pm	Adult Only Swim	

TUESDAY

Pool Hours: 4:30 am-10 pm

4:30-7 am	Adult Only Swim	
7-7:45 am	AQUA YOGA	Kat
8-9 am	AFAP	Maralee
9-9:15 am	Adult Only Swim	
9:15-10:15 am	AFAP	Jennifer P
10:15 -12 pm	Adult Only Swim	
12-1 pm	AFAP	Laura
1-2 pm	Family Swim	
2-6:00 pm	Adult Only Swim	
6:00-6:30 pm	Parent Infant Tot Swim Lessons	
6:30-8:30pm	Family Swim	
8:30- 10 pm	Adult Only Swim	

THURSDAY

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

4:30-6:30 am	Adult Only Swim	
6:30-7:15 am	AQUA YOGA	
7:15-8 am	Adult Only Swim	
8-9 am	AFAP	Jan
9-9:15 am	Adult Only Swim	
9:15-10:15 am	AFAP	Jessica
10:15 am-12 pm	Adult Only Swim	
12-1 pm	AFAP	Tammy
1-4 pm	Family Swim	
4-6:30 pm	Adult Only Swim	
6:30-9 pm	Family Swim	
9-10:30pm	Adult Only Swim	

SATURDAY

Pool Hours: 6 am-10 pm

6-8 am	Adult Only Swim	
8-9 am	AFAP PLUS	Pam
9:15 am - 10:15am	Adult Only	
10:15 am - 10:45 am	Parent Infant Tot Swim Lessons	
10:45-1 pm	Adult only Swim	
1-9 pm	Family Swim	
9-10 pm	Adult Only Swim	

SUNDAY

Pool Hours: 6 am-9 pm

6 am-1 pm	Adult Only Swim	
1-8 pm	Family Swim	
8-9 pm	Adult Only Swim	

WEDNESDAY

Pool Hours: 5 am-10 pm

5-6 am	Adult Only Swim	
6-7 am	AFAP PLUS	Janet/Jan
7-8 am	Adult Only Swim	
8-9 am	AFAP	Deb
9 -11:30 am	Adult Swim Only	
11:30 am-12:15 pm	Ai Chi	
12:15 - 3 pm	Adult Swim Only	
3-5:30 pm	Family Swim	
5:30- 6:30 pm	AFAP PLUS	Theresa/Jan
6:30- 7:30 pm	Adult Only Swim	
7:30-9 pm	Family Swim	
9-10 pm	Adult Only Swim	

FRIDAY

Pool Hours: 5 am-10 pm

5-6 am	Adult Only Swim	
6-7 am	AFAP PLUS	Janet/Jan
7-7:45 am	Adult Only Swim	
7:45-8:45 am	AFAP PLUS	Jan
8:45-10 am	Adult Only Swim	
10 am-12 pm	Family Swim	
12:00-2 pm	Adult Only Swim	
2-4:30 pm	Family Swim	
4:30-6 pm	Adult Only Swim	
6-9 pm	Family Swim	
9-10 pm	Adult Only Swim	

Please note:

- No balls allowed in the warm water pool except during weekend family swim times.
- During Adult Only Swim our youth members (17 and under) may use the pool for rehab purposes with the prior consent of the Aquatic Director.
- **Private swim lessons may be held during Adult Only Swim times; a sign will be posted.**
- Please ask lifeguard if you need assistance in providing a safe place for you to exercise. The aquatic staff is committed to meeting our members' warm water pool needs.

Understanding the CLASS schedule

Classes typed in lower case included are for RED members. Classes typed in UPPERCASE indicates it is a specialty class and is included only in the Gold and Gold Cove Memberships. However they are available to purchase by all other level memberships.

The **Basic Senior** and **Silver Sneakers** memberships do not include the use of the warm water pool or its classes. Please see the front desk for membership upgrade information.

For more information on the Warm Water Pool please contact Tim Sanders at 608-834-2622 or t.sanders@prairieathletic.com

Warm Water Pool Class Descriptions

Ai Chi: Continuous flowing movement. Develops strength, balance, range of motion, and improves breathing skills. Exercise with beauty and grace.

ARTHRITIS FOUNDATION AQUATIC PROGRAM (AFAP): A class that allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility. This class is designed to safely keep your joints moving and improve your sense of well-being.

AFAP PLUS: Offers all the benefits of our AFAP classes with longer periods of increased, sustained physical activity.

Flexibility In Movement: This class was designed for clients with Fibromyalgia. Created to provide relief for those “tight” spots within the body. It also promotes strength and toning as well as stretching and range of motion.

AQUA YOGA: Bringing yoga off the mat and into the water making it accessible to everyone. Those with muscle or joint limitations, pregnant women, athletes, and experienced yoga students looking to deepen their practice will enjoy the peaceful and calming effects of the water.