

SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m./11a.m.-1p.m./ 3-6p.m. ***7-8:45p.m. (1-lane)	6-8a.m./11a.m.-1p.m./ *3-6p.m. (1-lane)	9:15a.m. – 11:45a.m.	N/A
*Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
*Gentle Joints	9-10a.m.	N/A	N/A	N/A
*Deep H2O	10-11a.m.	9-10a.m./4:30-5:30p.m./6-7p.m.	8:15 – 9:15a.m.	N/A
Rehab	10-11a.m.	9-11a.m.	8-9a.m.	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Open Swim	7 – 8:45p.m.	**7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Water Polo	N/A	7 – 8:45p.m.	N/A	N/A
Pool Rentals	N/A	N/A	12-1p.m. 5-7p.m. Private Rental	5-7p.m. Private Rental

During pool-set up transitions, lap lanes may be removed 5 minutes early.

*Tuesday/Thursday from 3pm - 6pm, lap lane availability will be limited due to swim lessons.

**Open swim on Tuesday/Thursday is limited to shallow end only during the water polo program running from 7pm – 8:45pm.

***Monday/Wednesday/Friday lap swim will have one lane available from 7pm – 8:45pm.

Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, Fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30p.m. class, or come early for the 6:00-7:00p.m. class.

