

Lap Pool

EFFECTIVE:
MAY 1, 2008



Lap Pool – Adults Only

CLASS DESCRIPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Aqua Aerobics II: A vigorous water aerobics class for those seeking the challenge of a fast-paced workout.</p> <p>Power Workout: An intensive class with an ever-changing format to keep you challenged and motivated.</p> <p>Get Wet & Move: Move to the beat ... Have fun ... This workout is designed for shallow and deep water, using various pieces of aqua equipment.</p> <p>Travel Day: You know all the moves now. Let's move them!!!</p> <p>Aqua Mix: This class will go from shallow to deep water. Using various aqua equipment and music.</p> <p>Adult Lap/Masters Swim (Lane 1-5): Organized workouts. Proper training techniques in all four competitive strokes. Accommodates swimmers of all levels.</p> <p>*Women's Triathlon Group (Lane 3 to 4) For women interested in staying fit and physically active with swimming, biking and running. (A fee class.)</p> <p>POOL TEMPERATURE: 79-81 DEGREES</p> <p>Aquatics Coordinator</p> <p>Kelli Wakefield 345-9427 ex. 310</p>	5:30-7:00 Adult Lap/Masters Preben	5:30-7:00 Adult Lap/Masters Preben	5:30-7:00 Adult Lap/Masters Preben	5:30-7:00 Adult Lap/Masters Preben	5:30-7:00 Adult Lap/Masters Preben	Junior Swim After 11:00
	8:30-9:30 Aqua Aerobics II Nancy	8:30-9:30 Travel Day Nancy	8:30-9:30 Aqua Aerobics II Julie	8:30-9:30 Power Workout Annie	8:30-9:30 Aqua Aerobics II Nancy	
	11:30-12:30 Adult Lap/Masters Preben	11:30-12:30 Adult Lap/Masters Preben	11:30-12:30 Adult Lap/Masters Preben	11:30-12:30 Adult Lap/Masters Preben	11:30-12:30 Adult Lap/Masters Preben	Preben's Program 4/26 3:30-4:30pm
	3:30-4:30 Junior Swim Fitness Lane 1 & 2 Bree/Kelli	3:30-4:30 Junior Swim w/parents	3:30-4:30 Junior Swim Fitness Lane 1 & 2 Bree/Kelli	3:30-4:30 Junior swim w/parents		
	4:30-5:30 Aqua Mix Wendi		4:30-5:30 Aqua Mix Wendi		4:30-5:30 Aqua Mix Wendi	
		5:30-6:30 Get Wet & Move Judy		5:30-6:30 Power Workout Nicole		
	Preben's Program 05/05 7:00pm 06/16/ 7:00pm	Preben's Program 04/17 – 7:00pm 05/27 – 7:00pm	Preben's Program 04/09 – 8:00pm 05/21 – 8:00pm		Preben's Program 04/25 – 7:00pm 05/16 – 7:00pm	
						SUNDAY
						10:00-11:00 Aqua II Staff
						Junior Swim After 11:00
						Preben's Program 4/27 3:30-4:30pm