

# APRIL 2025 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
<b>AAP:</b> 10:30 am - 11:30 am	<b>AT:</b> 10:30 am - 11:30 am	<b>AAP:</b> 10:30 am - 11:30 am	<b>AAP:</b> 12:30 pm - 1:30 pm	<b>WIM:</b> 10:00 - 10:45 am	<b>SPLASH:</b> 7:30 - 8:15 am <i>(4/5 ONLY)</i>	<b>FS (session 1):</b> 10:30 am - 12:00 pm  <b>FS (session 2):</b> 12:30 pm - 2:00 pm
<b>AT:</b> 12:30 pm - 1:30 pm	<b>AAP:</b> 12:30 pm - 1:30 pm	<b>AT:</b> 12:30 pm - 1:30 pm	<b>SL:</b> 5:00 pm - 7:00 pm	<b>M.S. /Arthritis Aqua Group</b> 11:00 am - 12:00 pm	<b>AF:</b> 9:30 - 10:15 am <i>(4/12 ONLY)</i>	
<b>SPLASH:</b> 6:00 - 6:45 pm <i>(4/7 ONLY)</i>	<b>SL:</b> 5:00 pm - 7:00 pm				<b>SPLASH:</b> 8:00 - 8:45 am <i>(4/19 ONLY)</i>	
<b>SPLASH:</b> 5:45 - 6:30 pm <i>(4/21 ONLY)</i>					<b>FS (session 1):</b> 10:30 am - 12:00 pm  <b>FS (session 2):</b> 12:30 pm - 2:00 pm	

**OPEN SWIM VARIES DAILY, PLEASE SEE CALENDAR ON BACK FOR OPEN SWIM TIME.**

## INCLUDED IN WELLNESS CENTER MEMBERSHIP

### **AQUA TONE (AT):**

Join Robin for this toning water aerobics class!

### **AQUA FIT (AF):**

This 45-minute class includes cardio, toning and muscle conditioning that is upbeat and energetic. Great for all ages and skill levels.

### **SPLASH & BURN (SPLASH):**

Included in your Wellness Center Membership, a 45-minute, high-energy aerobic class focused on endurance, resistance training, and kickboxing movements.

### **FAMILY SWIM (FS):**

Wellness Center Members are welcome to bring family members below the age of 14 to the Therapy Pool during designated Family Swim hours on Saturdays and Sundays. Registration to attend Family Swim is required and can be completed on the mobile app.

*\*Please choose one of the two sessions\**

### **OPEN SWIM (OPEN):**

Varies daily. Please review daily schedule on back for open swim availability. Adult Members only. Children under the age of 14 are not permitted.

## ADDITIONAL COST AQUATIC PROGRAMS

### **ARTHRITIS AQUATIC PROGRAM (AAP):**

The Arthritis Aquatic Program is an additional cost to your Wellness Center Membership. Classes meet Mondays and Wednesdays, and Tuesdays and Thursdays for 8 weeks. Open to members and non-members.

### **WATERinMOTION (WIM) (R):**

WATERinMOTION (R) is a high-energy, total-body, pre-choreographed aquatic exercise class. Incorporates choreography that is unique and pre-formatted to match the tempo best suited for water exercise. This premium aquatic group fitness class is suited for all ages of exercisers looking for a low-impact yet challenging workout.

### **MULTIPLE SCLEROSIS (M.S.) AQUA GROUP:**

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with M.S. This program is an additional cost to your Wellness Center Membership and requires approval or recommendation from a physician to participate. Open to members and non-members.

### **SWIM LESSONS (SL):**

Swimming lessons are an additional cost to your Wellness Center membership. Open to members and non-members. Schedule and sessions offered varies based on lifeguard availability.



# APRIL 2025 - AQUATICS CALENDAR



SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4	5
		OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	SPLASH: 7:30 - 8:15 am OPEN: 8:15 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
6 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 pm FS (session 2): 12:30 - 2:00 pm OPEN: 2 - 4 pm	7 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 6 pm SPLASH: 6 - 6:45 pm OPEN: 6:45 - 9:00 pm	8 OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	9 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	10 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	11 OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	12 OPEN: 7 - 9:30 am AF: 9:30 - 10:15 am FS (session 1): 10:30 - 12 pm <div style="border: 1px solid black; padding: 2px; text-align: center;"> <b>Wellness Center closing at 2:00 pm</b> </div>
13 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 pm FS (session 2): 12:30 - 2:00 pm OPEN: 2 - 4 pm	14 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	15 OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	16 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	17 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	18 OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	19 OPEN: 7 - 8 am SPLASH: 8 - 8:45 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
20 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 pm FS (session 2): 12:30 - 2:00 pm OPEN: 2 - 4 pm	21 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 5:45 pm SPLASH: 5:45 - 6:30 pm OPEN: 6:30 - 9:00 pm	22 OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	23 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	24 OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm	25 OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 am - 12 pm OPEN: 2 - 8 pm	26 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm
27 OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 pm FS (session 2): 12:30 - 2:00 pm OPEN: 2 - 4 pm	28 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm	29 OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm	30 OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm			