

# Warm Pool Weekly Schedule Effective 2/27/18

Please be aware that aquatic classes may begin setting up about 5 minutes prior to the start of a class. Individual use of the pool is acceptable at all times except during the classes below that state "pool closed"

Monday	Class	Lanes	Class Level
9:00am-11:30am	Family Swim & Gym	All	N/A
11:30am-12:30pm	Aqua Yoga	All	Beginner
Tuesday	Class	Lanes	Class Level
9:00am-10:00am	Aqua Cardio Power	All	Intermediate
11:00am-12:00pm	Aquacize with Arthritis	All	Beginner
4:30pm-7:00pm	Family Swim & Gym	All	N/A
Wednesday	Class	Lanes	Class Level
9:00am-11:30am	Family Swim & Gym	All	N/A
3:30pm-4:00pm	Preschool Swim Level 1 (1/17-5/16) <i>Registration Required &amp; Pool Closed</i>	All	N/A
4:00pm-4:30pm	Preschool Swim Level 1 (1/17-5/16) <i>Registration Required, &amp; Pool Closed</i>	All	N/A
Thursday	Class	Lanes	Class Level
11:00am-12:00pm	Aquacize with Arthritis	All	N/A
4:30pm-7:00pm	Family Swim & Gym	All	N/A
Friday	Class	Lanes	Class Level
10:00am-11:00am	Aqua Energizer Lite	All	Beginner
4:30pm-7:00pm	Family Swim & Gym	All	N/A
Saturday	Class	Lanes	Class Level
1:00pm-3:30pm	Family Swim & Gym	All	N/A
Sunday	Class	Lanes	Class Level
10:00am-11:00am	Aqua Cardio Power	All	Intermediate
1:00pm-3:30pm	Family Swim & Gym	All	N/A

## Class Level Indicator

**Beginner:** all levels welcome, entry level class

**Intermediate:** most levels welcome, fitness experience and active lifestyle recommended

**Advanced:** requires experienced fitness level and conditioned individual

For class descriptions please refer to the full schedule found at the front desk or online at [dexterwellness.org](http://dexterwellness.org)

Please see the member services desk for Family Swim & Gym guidelines



# Lap Pool Weekly Schedule Effective 1/1/18

Monday	Class	Lanes	Class Level
8:30am-9:30am	Beginner Swim (1/8-4/30) <i>Registration Required &amp; Pool Closed</i>	1-3	N/A
9:00am-11:30am	Family Swim & Gym	4	N/A
10:00am-11:00am	Aqua Energizer	1-2	Intermediate
6:30pm-7:30pm	Aqua Board Power (1/8-4/30) <i>Registration Required</i>	1-3	N/A
Tuesday	Class	Lanes	Class Level
2:30pm-3:00pm	Goldfish Level 2 (1/9-2/6) <i>Registration Required &amp; Pool Closed</i>	All	N/A
3:30pm-4:00pm	Goldfish Level 2 (1/9-2/6) <i>Registration Required &amp; Pool Closed</i>	All	N/A
4:30pm-7:00pm	Family Swim & Gym	4	N/A
6:00pm-7:00pm	Aqua HIIT	1-2	Intermediate
Wednesday	Class	Lanes	Class Level
9:00am-11:30am	Family Swim & Gym	4	N/A
10:00am-11:00am	Float Fusion (1/10-4/25) <i>Registration Required</i>	1-3	N/A
11:00am-12:00pm	Float Fusion (1/10-4/25) <i>Registration Required</i>	1-3	N/A
4:30pm-5:00pm	Preschool Swim Level 2 (1/17-5/16) <i>Registration Required &amp; Pool Closed</i>	All	N/A
5:30pm-6:30pm	Aqua Fit Yogalates (1/10-4/25) <i>Registration Required</i>	1-3	N/A
Thursday	Class	Lanes	Class Level
10:00am-11:00am	Aqua Cardio Strength Intervals	1-3	Intermediate
4:30pm-7:00pm	Family Swim & Gym	4	N/A
Friday	Class	Lanes	Class Level
5:30am-6:45am	Master Swim (1/12-5/4) <i>Registration Required &amp; Pool Closed</i>	All	N/A
4:30pm-7:00pm	Family Swim & Gym	4	N/A
Saturday	Class	Lanes	Class Level
9:00am-10:00am	Aqua Power Strength & Cardio	1-2	Intermediate
1:00pm-3:30pm	Family Swim & Gym	4	N/A
Sunday	Class	Lanes	Class Level
1:00pm-3:30pm	Family Swim & Gym	4	N/A

\*Please See Reverse Side for Details\*



Please be aware that aquatic classes may begin setting up about 5 minutes prior to the start of a class.

Large classes may move into an additional lane if they exceed 20 participants.

Individual use of the pool is acceptable in the open lanes at all times except during the classes below that state "pool closed".

Sharing a lane with at least one other person is expected. Please do not tell other members they are not allowed to circle swim with you. If there is a lap swimmer in a lane you would like to share, for courtesy, please ask to share before entering the water.

### **Class Level Indicator**

**Beginner:** all levels welcome, entry level class

**Intermediate:** most levels welcome, fitness experience and active lifestyle recommended

**Advanced:** requires experienced fitness level and conditioned individual

For class descriptions please refer to the full schedule found at the front desk or online at [dexterwellness.org](http://dexterwellness.org)

Please see the member services desk for  
Family Swim & Gym guidelines