

- Classes are subject to changes and cancellations.
- The pool is 25 meters long, has 4 lanes, and is heated to 80-84 degrees.
- When outside temperature drops below 55 degrees, Water Aerobic and Water Arthritis classes will be cancelled.
- Cancellations are determined 1 hour before the scheduled class.
- The pool closes 30 minutes before the facility closes.
- Please be advised that lanes for open swim are not available during scheduled class times.
- The pool will close due to inclement weather and will remain closed until at least 30 minutes after the most recent lightning strike.
- At all times, be aware of what is going on within your lane. Also, try not to kick or swing your arms into another lane

CLASSES

MULTILEVEL WATER EXERCISE

class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge

LaBLAST

shallow water aqua dance fitness class that combines ball room dance with whole body movements in the water.

LAP SWIM

This is the time for members to use the pool. This is the time for lap swimming, pool walking, pool running, and individual exercises. **Please share the pool with your fellow swimmers and observe

AQUA STRETCH / BALANCE

This water class will focus on Yoga, Tai Chi, Ballet and Stretch in the water to improve stability and