

# Lake Park Swim and Fitness Pool Schedule Winter 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Pool open M-F 5am-10pm</i>					<i>Pool open from 7:00am-5:00pm</i>	
Aqua Fit 9:00-10:00	Aqua Intense 9:00-10:00	Aqua Fit 9:00-10:00	Aqua Intense 9:00-10:00	Aqua Dance 9:00-10:00	Aqua Intense 8:30-9:30	
5:00-8:30 Swim Lessons	4:30-5:30 H2O Challenge	5:30-6:30 Aqua Zumba	4:00-5:30 Splash Time	5:30-6:30 Aqua Fit		3:00-5:00 Family FUN
	6:30-9:00 Splash Time					

- Designated Lap Swimming: All Four Lanes Open~ Please circle swim to share lanes.
- H2O Challenge : High intense interval workout using water running, lap swimming and strength exercises.
- Aqua Mon-Fri : Due to class size, lap swimming is not available during this class.
- Aqua Dance/Zumba: This class combines the best of AQUA with the fun, fast and slow rhythmic movements of dance!!!
- Aqua : 1-24 in class = 2 lanes open, 25-34 = 1 lane open, 35+ all lanes dedicated to class.
- Splash Time: Members may bring in member children to swim ~ Single-parent/family membership required.
- Family FUN: Every Sunday!!! Special guest fee for children (\$5) Guests please sign in at desk.
- Swim Lessons: 2 lap lanes open ~ parent viewing at umbrella tables-please no unsupervised children or eating on the pool deck.

- \* No lifeguard on duty ~ All children under the age of 14 must be supervised by a parent in the pool area.
- \* Must be 14 years or older to use the whirlpool.
- \* No breakable containers and no diaper changing on pool deck. \* Swim diaper required for diaper age children.
- \* Children under the age of 14 are not permitted in the main locker room, please use the Family Locker rooms.

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