

AQUATIC SCHEDULE

Dates: January 2-31, 2024	Please Note: The pool and spa will close 15 minutes prior to a scheduled event.
No Classes On: January 15, 2024	Early Closures: The pool will close at 3:30 PM for AHS Swim Meets on 1/8, 1/22, and 1/29.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim	6-7 AM 8-9 AM 10 AM-3:15 PM 7:30-8:00 PM	6- 7 AM 8-9 AM 10 AM-3:15 PM 6-8 PM	6-7 AM 8-9 AM 10 AM-3:15 PM 7:30-8 PM	6-7 AM 8-9 AM 10 AM-3:15 PM 6-8 PM	6-7 AM 8-9 AM 10-1 AM	8 AM-5:30 PM
Abingdon High School Swim Team	5:30-7:30 PM	3:30-5:30 PM	5:30-7:30 PM	3:30-5:30 PM	5:30-6:30 PM	
CAST Swim Team	3:30-5:30 PM		3:30-5:30 PM		3:30-5:30 PM	
Aquacise (Karen B.)			9-10 AM			
High Tide (Margaret)				9-10 AM		
Otter Xtreme (Parke)	7-8 AM	7-8 AM	7-8 AM	7-8 AM	7-8 AM	
Riding the Waves (Cathy)		9-10 AM		9-10 AM		
Silver Sneakers Cardio Splash* (Cathy)			9-10 AM			
Silver Sneakers Splash* (Margaret)	9-10 AM					
Yo-Qua (Jacqui)					9:15-10 AM	

*Members whom are eligible for Silver Sneakers participate in these classes free of charge.

- Lane availability varies throughout the day. During open swim, three lanes are typically available. During classes, two lanes are typically available. During swim team practices, one lane is available, and the spa is closed. When the pool closes early for swim meets, no lanes are available.

Class Descriptions

Aquacise *Moderate Intensity, Deep Water*

- This class offers a fun water workout designed to tone muscles and build cardiovascular endurance. Resistance water weights will be used for strength training, stretching, and water aerobic exercises. Lap swimming is incorporated for interval training. This class uses floatation belts for support while in the pool.

High Tide *Moderate Intensity, Shallow Water*

- This class is designed to increase your heart rate, while stimulating and increasing muscle tone and encouraging a healthy lifestyle. This class is appropriate for those just beginning to the intermediate and advanced participants. Grab your towel, and be ready to work and have fun!

Otter Xtreme *High Intensity, Deep Water*

- This program is designed to help maintain personal fitness, tone muscles, and build cardiovascular endurance. Conducted in the deep end of the pool, it is an excellent class for a harder workout with less strain on bones/joints. The class uses floatation belts for support while in the pool.

Riding the Waves *Low Intensity, Deep Water*

- Looking to increase your flexibility and improve your circulation but can't take stress on your joints? We will do a lot of water "bicycling" plus other water aerobics exercises designed to improve your range of motion and overall fitness. The class uses flotation belts plus other buoyancy devices for support while in the pool. Appropriate for all levels of fitness.

Silver Sneakers Cardio Splash *Moderate Intensity, Shallow Water*

- This program is designed to improve overall fitness, including cardio moves, strength training, and flexibility. Suitable for all levels of experience. Come join the fun, and be ready to work out!

Silver Sneakers Splash *Low Intensity, Shallow Water*

- This is a low intensive, low stress water exercise program designed to help those with arthritis or other physical ailments.

Yo-Qua ("Aqua Yoga") *Low Intensity, Shallow Water*

- Curious? Come and enjoy a fun and unique Yoga experience, as we gently move and breathe while in the water! All are welcome; no previous Yoga experience necessary.
*Suggested: An additional layer to be worn if needed.