



Aquatics Programming Downtown

SUMMER 2006

www.sports-barn.com



PROGRAMMING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adapted Aquatics SB 6:15-7:00 a.m.	Adapted Aquatics SB 10:00-11:00 a.m.	Adapted Aquatics SB 6:15-7:00 a.m.	Adapted Aquatics SB 10:00-11:00 a.m.	Adapted Aquatics SB 6:15-7:00 a.m.	Family Swim 2:00-5:00 p.m.
Cardiac Rehab Erlanger 9:30-11:00 a.m.		Cardiac Rehab Erlanger 9:30-11:00 a.m.		Cardiac Rehab Erlanger 9:30-11:00 a.m.	Family Swim 6:30-8:00 p.m.
Splish Splash SB 11:00-12:00 p.m.	Cardiac Rehab Erlanger 2:30-3:30 p.m.	Cancer Rehab Erlanger 4:00-5:00 p.m.	Cardiac Rehab Erlanger 2:30-3:30 p.m.		Family Swim 2:00-5:00 p.m.
ABC SB 5:15-6:15 p.m.	Body Works SB 5:15-6:15 p.m.	Aquatic Circuits SB 5:15-6:15 p.m.	Aquacise SB 5:15-6:15 p.m.		
Volleyball SB 6:15-7:30 p.m.	Aqua Core 6:15-6:30 p.m.		Volleyball SB 6:15-7:30 p.m.		
Family Swim 6:30-9:00 p.m.					

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adapted Aquatics Lanes 1-3 SB 6:15-7:00 a.m.	Triathlon Swim Class SB 6:00-7:00 a.m.	Adapted Aquatics Lanes 1-3 SB 6:15-7:00 a.m.	Family Swim Lanes 1-3 8:30-9:30 a.m.	Adapted Aquatics Lanes 1-3 SB 6:15-7:00 a.m.	Family Swim Lanes 1-3 2:00-5:00 p.m.
Family Swim Lanes 1-3 8:30-9:30 a.m.	Healthlink Lanes 1-3 Erlanger 9:30-11:00 a.m.	Family Swim Lanes 1-3 8:30-9:30 a.m.	Family Swim Lanes 1-3 7:00-9:00 p.m.	Family Swim Lanes 1-3 8:30-9:30 a.m.	SUNDAY
Family Swim Lanes 1-3 7:00-9:00 p.m.	Family Swim Lanes 1-3 7:00-9:00 p.m.	E-Kids Swim Program Lanes 1-5 1:00-2:30 p.m.		Healthlink Lanes 1-3 Erlanger 9:30-11:00 a.m.	Family Swim Lanes 1-3 2:00-5:00 p.m.
		Family Swim Lanes 1-3 7:00-9:00 p.m.		Family Swim Lanes 1-3 5:00-8:00 p.m.	



Downtown

SUMMER POOL SCHEDULE

AQUATIC EXERCISE CLASS DESCRIPTIONS

No swim ability required for any of these classes. You may begin at any time

ADAPTED AQUATICS: MON, WED, FRI 6:15-7:00 A.M.;

TUES, THURS 10:00-11:00 A.M.

THIS CLASS IS APPROPRIATE FOR LESS ACTIVE INDIVIDUALS, ARTHRITIC PARTICIPANTS, AND THOSE WITH JOINT REPLACEMENTS, CHRONIC BACK PAIN, AND MULTIPLE ORTHOPEDIC CONDITIONS. **BEGINNER LEVEL**

AQUACISE: THURS 5:15-6:15 P.M.

STRENGTH TRAINING IS TAKEN TO A NEW DIMENSION WITH THIS RIGOROUS AQUATIC MUSCLE STRENGTHENING CLASS FOR BOTH MALE AND FEMALE STUDENTS. VARIOUS RESISTANCE EQUIPMENT IS USED TO MAXIMIZE YOUR WORKOUT AND TO GIVE YOU THE FIRM MUSCLE YOU ARE LOOKING FOR. **ADVANCED LEVEL.**

AQUATIC BODY CONDITIONING (ABC):

MON 5:15-6:15 P.M.

HERE IT IS - A WATER WORKOUT WITH ALL THE BENEFITS OF LAND BASED AEROBICS WITHOUT THE STRESS OR INJURY. IT'S FUN: IT'S A LITTLE BIT DIFFERENT AND BEST OF ALL, YOU DON'T HAVE TO BE IN PERFECT SYNC TO GET A GREAT WORKOUT. **ALL LEVELS**

AQUATIC CIRCUITS: WED 5:15-6:15 P.M.

A VIGOROUS, COMPLETE WATER WORKOUT THAT INCLUDES CARDIOVASCULAR CONDITIONING, MUSCLE STRENGTHENING AND FLEXIBILITY TRAINING. **INTERMEDIATE TO ADVANCED LEVEL.**

AQUA CORE: TUES 6:15-6:30 P.M.

15 MINUTES OF CORE CONDITIONING INCLUDING WORK ON THE ABDOMINALS, INTERNAL AND EXTERNAL OBLIQUES, PELVIC FLOOR AND LOW BACK.

BODY WORKS: TUES 5:15-6:15 P.M.

A COMPLETE AQUATIC WORKOUT FOR ALL FITNESS LEVELS. THIS CLASS INCLUDES CARDIOVASCULAR CONDITIONING, MUSCLE STRENGTHENING AND FLEXIBILITY SEGMENTS. **BEGINNER TO INTERMEDIATE LEVEL.**

SPLISH SPLASH: MON 11:00-NOON

A PROGRAM DESIGNED TO INTRODUCE YOUNG CHILDREN TO A WATER ENVIRONMENT AND TO DEVELOP A READINESS FOR LEARNING TO SWIM. DESIGNED FOR CHILDREN AGES SIX MONTHS TO THREE YEARS, THIS CLASS REQUIRES THE IN-WATER PARTICIPATION OF THE PARENT. **SWIM DIAPER REQUIRED UNDER SUIT.**

TRIATHLON SWIM CLASS: TUES 6:00-7:00 A.M.

SWIM TRAINING TO IMPROVE STROKE, ENDURANCE, AND SPEED

VOLLEYBALL: MON, THURS 6:15-7:15 P.M.

WATER VOLLEYBALL IS A GREAT WAY TO HAVE FUN AND GET SOME EXERCISE, TOO! FOR ADULTS ONLY, AGES 18 AND ABOVE. ONGOING GAMES THROUGHOUT THE YEAR. ALL LEVELS.

REMINDER:

CHILDREN ALLOWED IN PROGRAM POOL ONLY DURING PROGRAM POOL FAMILY SWIM

INFANTS AND TODDLERS MUST WEAR APPROVED SWIM DIAPER UNDER TIGHT FITTING SWIMSUIT