

AQUATIC FITNESS CLASSES

Instructors and classes are subject to change. All Classes Offered. Yellow classes are temporary classes. Blue class are new. Limit of 12 for LP and 15 for CP

MONDAY

7:30-8:15 AM **Aqua Arthritis** (Beth) TP

8:15-9 AM **Aqua Power** (Susan) CP

8:30-9:15 AM **Aqua Arthritis** (Beth) TP

9-9:45 AM **Deep Water** (Esther) CP

9:30-10:15 AM **Fun & Fit** (Beth) TP

10:30-11:15 AM **Aqua Arthritis** (Esther) TP

1:30-2:15 PM **Aqua Arthritis** (Sarah) TP

6-6:45 PM **Aqua Power** (Susan) TP

WEDNESDAY

8:15-9 AM **Fun & Fit** (Beth) CP

8:30-9:15 AM **Aqua Arthritis** (Mary) TP

9-9:45 AM **Deep Water** (Beth) CP

9:30-10:15 AM **Fun & Fit** (Denise) TP

10:00-10:45 AM **Aqua HIIT** (Mary) CP

10:30-11:15 AM **Aqua Arthritis** (Denise) TP

1:30-2:15 PM **Aqua Arthritis** (Sarah) TP

5-5:45 PM **Aqua Fit** (Mary) TP

FRIDAY

7:30-8:15 AM **Aqua Arthritis** (Beth) TP

8:15-9 AM **Fun & Fit** (Mary) CP

8:30-9:15 AM **Aqua Arthritis** (Beth) TP

9:15-10 AM **Aqua Zumba** (Denise) CP

9:30-10:15 AM **Fun & Fit** (Beth) TP

10:00-10:45 AM **Aqua HIIT** (Mary) CP

10:30-11:15 AM **Aqua Arthritis** (Denise) TP

11:15AM-12:00 PM **Ai Chi** (Denise) TP

1:30-2:15 PM **Aqua Arthritis** (Sarah) TP

TUESDAY

6-6:45 AM **Deep Water** (Amanda) CP

7:30-8:15 AM **Aqua Power** (Susan) CP

8:30-9:15 AM **Fun & Fit** (Susan) TP

9:30-10:15 AM **Aqua Power** (Susan) TP

10:30-11:15 AM **Ai Chi** (Susan) TP

THURSDAY

6-6:45 AM **Deep Water** (Amanda) CP

7:30-8:15 AM **Aqua Power** (Susan) CP

8:30-9:15 AM **Fun & Fit** (Susan) TP

9:30-10:15 AM **Aqua Power** (Susan) TP

10:30-11:15 AM **Ai Chi** (Susan) TP

5:00-5:45 PM **Aqua Fit** (Michelle) TP

5:30-6:00 PM **Fun and Fit Junior** (CP) Age 7+

SATURDAY

7:05-7:50 AM **Aqua Fit** (Diana) TP

8-8:45 AM **Aqua Fit** (Diana) TP

SUNDAY

1:00-1:30 PM **Fun and Fit Junior** CP (7+)

LOCATIONS

TP- Therapy Pool (89°-91°)

CP- Competition Pool (83°)

CLASS DESCRIPTIONS

AI CHI (Low Intensity)

Similar to Tai Chi, this class combines deep breathing and slow, broad movements that promote balance.

AQUA ARTHRITIS (Low Intensity)

Uses the waters resistance and a variety of equipment to provide gentle stretching and light cardio exercises.

AQUA HIIT (High Intensity)

Offers a combination of bursts of intense exercise and varying rest periods, this class is a FUN way to train and strengthen your whole body.

BENEFITS

Water Fitness Classes are a great alternative for or supplement to land classes because they place less impact on the joints, allow for a larger, full range of motion of the muscles, and provide for stability for those with limited balance. The warm water can also aid in pain management. The best thing for participants about water classes is that everyone works at their own pace!

For more information, contact Program Manager, Brad Weaver at (309)444.8222 ex. 48 or bradw@fivepointswashington.org

FUN & FIT (Moderate Intensity)

This class is the next step up from Aqua Arthritis. Uses the waters resistance and a variety of equipment for cardio work, strength training, and stretching.

AQUA FIT (Moderate to High Intensity)

Uses the waters resistance and various equipment to improve cardio endurance and strength train. Promotes a strong core and body.

AQUA ZUMBA (Moderate to High Intensity)

A high energy, full body aerobic workout combining cardio and toning exercises set to fun, upbeat music.

AQUA POWER (High Intensity)

Focuses on cardio and core work. This vigorous routine includes HIIT (High intensity interval training) concepts. Uses various equipment for strength training and touches on balance exercises.

DEEP WATER (High Intensity)

This class is a suspended class and can be done with or without the use of a flotation belt. It combines deep/shallow water travel, cardio, sprints, cycling, strength training and core.

FUN & FIT JR. (Children ages 7+)

This 30-minute class combines exercise and games in the water to create a fun environment for kids.

AQUATIC CENTER SCHEDULE

Aquatic Center hours differ from facility hours.

COMPETITION

THERAPY

LEISURE

	COMPETITION	THERAPY	LEISURE
SUN	Lanes 1-3: 7 AM-4:45 PM Lanes 4-8 ADULT ONLY : 7 AM-4:45 PM OPEN SWIM 12:00-4:45 PM	ADULT ONLY : 7 AM-4:45 PM	ADULT ONLY : 7 AM- 4:45 PM OPEN SWIM 12:00-4:45 PM
MON	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 ADULT ONLY : 5-7:15 AM, 12 PM-3:30 PM NO OPEN SWIM	ADULT ONLY : 5 AM-7:30 AM, 2:45-6:00, 6:45-7:45 PM	ADULT ONLY : 5 AM-7:45 PM OPEN SWIM: NO OPEN SWIM
TUES	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 ADULT ONLY : 5-6 AM, 7:45-7:30 AM, 8:15 AM-3:30 PM, 5:30-7:45PM NO OPEN SWIM	ADULT ONLY : 5 AM-7:30 AM, 11:15 AM-7:45 PM	ADULT ONLY : 5 AM-7:45 PM OPEN SWIM: NO OPEN SWIM
WED	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 ADULT ONLY : 5-7:15 AM, 12 PM-3:30 PM NO OPEN SWIM	ADULT ONLY : 5 AM-7:30 AM, 2:45-5 PM, 5:45-7:45 PM	ADULT ONLY : 5 AM-7:45 PM OPEN SWIM: NO OPEN SWIM
THURS	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 ADULT ONLY : 5-6 AM, 7:45-7:30 AM, 8:15 AM-3:30 PM, 5:30-7:45PM NO OPEN SWIM	ADULT ONLY : 5 AM-7:30 AM, 11:15 AM-7:45 PM	ADULT ONLY : 5 AM-7:45 PM OPEN SWIM: NO OPEN SWIM
FRI	Lanes 1-3: 5 AM-7:45 PM Lanes 4-8 ADULT ONLY : 5-6 AM, 7:45-7:30 AM, 8:15 AM-3:30 PM, 5:30-7:45PM OPEN SWIM 4-6:30 PM	ADULT ONLY : 5 AM-7:30 AM, 2:45-7:45 PM	ADULT ONLY : 5 AM-7:45 PM OPEN SWIM: 4:00-6:30 PM
SAT	Lanes 1-3: 7 AM-4:45 PM Lanes 4-8 ADULT ONLY : 7 AM-4:45 PM OPEN SWIM 12:00-4:45 PM	ADULT ONLY : 8:45 AM-4:45 PM	ADULT ONLY : 7 AM-4:45 PM OPEN SWIM 12:00-4:45 PM

ABOUT OUR LAP LANES

- Lanes 1-3 are always available to members/guests for lap swimming unless there is a swim meet or special event.
- Lane 4 is a staff priority use lane, to be used by Five Points Aquatic Staff for lessons or training. When not in use or needed by staff, members and guests may use this as an additional lap lane. Members/guests will be asked to move if the lane is needed.
- PRIVATE LAP LANES ARE NOT AVAILABLE. LAP LANES MUST BE SHARED.

SPECIAL POLICIES

All lap swimmers are asked to keep lane sharing to no more than 2 swimmers per lane. We ask that members avoid the open area of the pool during class times to ensure safe distancing. We will be offering open swim to members, passes will be required, these can be picked up at the front desk when you check in. We have a limit of 30 in the leisure pool and 40 in the competition pool (this does not include lap lanes or therapy area).

During class times, the therapy pool will only be available to class participants, but the leisure pool will remain open. During all other times, the therapy pool is available for use. Classes are first come first serve for slots.

PROGRAMS

Group and private swim lessons can occur at any time of the day, any day of the week in any of our 3 pools. Fun Splash is offered M & F for parents & children 5U: Canceled until further notice. Parents must be in water.