

AQUATIC SCHEDULE

Dates: December 30, 2024-January 31, 2025	Please Note: The pool and spa will close 15 minutes prior to a scheduled event.
The Rec will not host fitness classes on December 31, 2024. The Rec will be closed on January 1, 2025.	During swim team practices, one lane is available, and the spa is closed. We will host a home swim meet for AHS Swim Team on January 16, 2025. The pool will close at 3:00 P.M.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	6-7 AM 8-9 AM 10 AM-3:30 PM 7:30-8 PM	7:15-9 AM 10 AM-3:30 PM 7:30-8 PM	6-7 AM 8-9 AM 10 AM-3:30 PM 7:30-8 PM	7:15-9 AM 10 AM-3:30 PM 7:30-8 PM	6-7 AM 8-9 AM 10 AM-1 PM 5:30-6:30 PM	8 AM-5:30 PM	1:30-5:30 PM
Pool Maintenance					Pool Closed 1-3 PM		
CAST Swim Team	3:30-5:30 PM		3:30-5:30 PM		3:30-5:30 PM		
Abingdon High School Swim Team	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM			
Emory & Henry Swim Team (3 lap lanes)	6-8 AM	3:30-5:30 PM	6-8 AM	3:30-5:30 PM	6-8 AM		
Otter Xtreme (Parke)	7-8 AM	6:15-7:15 AM	7-8 AM	6:15-7:15 AM	7-8 AM		
Aquacise (Karen B.)	9-10 AM						
Aqua Fusion (Patti)					9-10 AM		
High Tide (Margaret)				9-10 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 (Cathy)					9:15-10 AM		

*Members who 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.

Aqua Fusion *Moderate Intensity, Deep Water*

- A combination of deep/shallow water exercises for cardio, strength, and flexibility with fun music. Buoyancy belts are used for this class. Water weights or noodles may be used. Ability to swim not required. This class is appropriate for all ages and non-weight bearing.

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 *Moderate 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 floatation 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.

Break Week will run from April 13-20, 2025.