

Firstenberg Pool Schedule - Spring 2012

April 30- June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
6-6:55 Aqua Power Individual Exercise	5:30-7 Lap Swim Individual Exercise	6-6:55 Aqua Power Individual Exercise	5:30-7 Lap Swim Individual Exercise	6-6:55 Aqua Power Individual Exercise	 8-10 Individual Exercise	One of five reasons to make the Rec Connect connection: #3, Classes are available on-line as soon as you get the catalog in the mail.
7-7:55 River Challenge Individual Exercise	7-7:55 Tone & Stretch Individual Exercise	7-7:55 River Challenge Individual Exercise	7-7:55 Tone & Stretch Individual Exercise	7-7:55 River Challenge Individual Exercise	8:15-9:15 Aqua Power	
8-8:55 Aqua Fusion Individual Exercise	8-8:55 River Challenge Individual Exercise	8-8:55 Aqua Fusion Individual Exercise	8-8:55 River Challenge Individual Exercise	8-8:55 Aqua Fusion Individual Exercise	9:15-9:45 Aqua Yoga	
9:30-10:35 Swim lessons Registration Required	9-10:30 Individual Ex *Aqua Play	9:30-10:35 Swim lessons Registration Required	9-10:30 Individual Ex *Aqua Play	9:30-11 Family Swim	10-11:30 Public Swim	
9:30-11 *†Aqua Play	10:30-11:30 Aqua Fusion Individual Exercise	9:30-11 *†Aqua Play	10:30-11:30 Aqua Fusion Individual Exercise		12-1:30 Public Swim	
11:00-12 Gentle Moves / Aqua Yoga	11:30-12:00 Aqua Yoga Individual Exercise	11:00-12 Gentle Moves / Aqua Yoga	11:30-12:00 Aqua Yoga Individual Exercise	11:00-12 Gentle Moves / Aqua Yoga	1:45-3 Public Swim	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
12:05-12:55 Power Express Individual Exercise	12:05-12:50 Silversplash® Individual Exercise	12:05-12:55 Aqua Zumba Individual Exercise	12:05-12:50 Silversplash® Individual Exercise	12:05-12:55 Power Express Individual Exercise	12-1:30 Public Swim	12-1:30 Public Swim
1-3 Family Swim Home School Lap Swim	1-2:45 CLOSED Pool & Spa	1-3 Family Swim Home School Lap Swim	1-2:45 CLOSED Pool & Spa	1-3 Family Swim Home School Lap Swim	1:45-3 Public Swim	1:45-3:15 Public Swim
3:30-5 Public Swim	2:45-4:15 Public Swim	3:30-5 Public Swim	2:45-4:15 Public Swim	3:30-5 Public Swim	3:15-4:45 Public Swim	3:30-5:45 Swim Lessons Registration Required
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:15-6:15 Lap Swim 5:30-6:20 Aqua Athlete	4:30-6:45 Swim Lessons Registration Required Spa Open	5:15-6:15 Lap Swim 5:30-6:20 Aqua Athlete	4:30-6:45 Swim Lessons Registration Required Spa Open	5:30-7:30 Public Swim	5-6:30 Public Swim	Non-swimmers and children under 7 years of age (with or without lifejacket) must be within arm's reach of a parent or responsible adult at all times.
6:25-7:10 Aqua Zumba	7-8:30 Public Swim	6:25-7:10 Aqua Zumba	7-8:30 Public Swim		Pool Information Line: 487-7009	
7:15-8:30 Public Swim		7:15-8:30 Public Swim				

* Water features will not be on during these times.

†Monday / Wednesday morning swim lesson participants who are not passholders, may not participate in Aqua Play before or after lessons without purchasing a daily drop-in pass.

Firstenberg Pool will be on holiday schedule Monday, May 28th. The schedule will be as follows and all swims will be open public swims: 10am-12pm, 12:15-2:15pm, 2:45-4:30pm and 4:45-6:30pm. The building will close at 7pm.



Swim Descriptions

Aquatic Exercise Class Descriptions:

***Aqua Yoga** - This stress-reducing gentle exercise class increases flexibility and balance.

****Gentle Moves** - Improve range of motion and joint health as you move through the soothing medium of the warm water. Improve muscle tone, flexibility and balance.

****Sliver Splash** - Activate your aqua exercise urge for variety! Sliver Splash offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

****Tone & Stretch** - This low-impact conditioning class focuses on improving strength, endurance, and flexibility.

*****River Challenge** - Using the current in the river channel, work against the water's resistance to build strength and aerobic fitness.

*****Aqua Fusion** - Instructor's choice. This class uses a mix of class styles to enhance your strength training and cardio fitness.

****** Aqua Power** - This high-energy, shallow water class improves aerobic conditioning and total body fitness.

******Aqua Athlete** - Experience a high-intensity workout in a circuit course format. Includes cardio and resistance training both in and out of the water. Ideal for conditioned men and women looking for a fun and challenging cross-training experience without choreography.

*****Aqua Zumba** - Splashing, twisting, hooting, hollering. Aqua Zumba blends it all together into a challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief!

******Power Express** - Jump start your conditioning program with this high energy class designed for both men and women. Get a leaner, stronger, more defined body!

Other Swim Descriptions:

Individual Exercise - Exercising on your own in unused areas of the pool.

Lap Swim - Swimming continuous laps. Kickboards and pull-buoys are available.

Family Swim - Adults and families only. Children 15 and under must be accompanied in the water by a parent.

Public Swim - Open to all ages.

Children 6 and under must be accompanied in the water and be within arms reach of a parent at all times. There are height requirements to use the slide.

Aqua Play - Parents can bring their children for non-instructed play time. Non-toilet trained children must wear a swim diaper and plastic pants.

Swim Lesson - During swim lessons the pool is closed for public swimming. To register for a swim lesson class call 487-7001, click at vanclarkparks-rec.org or stop in at the front desk.

Note: Classes are rated according to difficulty ranging from * (easy) to **** (difficult). Equipment is provided for all classes.

Participants must be 13 years of age or older to attend aquatic fitness classes. Age exceptions may be made by contacting Robin or Lori at 487-7011.

Children age 6 and older MUST use the locker room of their own gender or families may use the family changing rooms.

Children of any age wearing a lifejacket must be within an arms reach of an adult at all times.

Swim Diapers and plastic pants are required for all non-toilet trained children. Swim diapers are sold at our front counter for \$1.50 each.

Please ensure you keep your valuables safe by using the lockers. Bring your own lock!