



**Marshall Pool Schedule: April 30-June 30, 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am-3pm Lap Swim	5:30-12pm Lap Swim	5:30am-3pm Lap Swim	5:30-12pm Lap Swim	5:30am-3pm Lap Swim	7-9am Lap Swim	<p>For information on birthday parties or renting the pool for private use, call 487-7073</p>  <p>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.</p>
6-7am Super Fit (deep)	6-7am Aqua Power	6-7am Super Fit (deep)	6-7am Aqua Power	6-7am Super Fit (deep)	7-7:55am Going Deep	
8-9am Aqua Fusion	7:30-8:30am Aqua Athlete Deep	8-9am Aqua Fusion	7:30-8:30am Clark College	8-9am Aqua Fusion	8-8:55am Super Fit (deep)	
9-10am Aqua Play	9-9:55am Going Deep	9-10am Aqua Play	9-9:55am Going Deep	9-10am Aqua Play	9am-12pm Swim Lessons Registration Required	
10-11am Aqua Power	10-11am Lessons	10-11am Aqua Power	10-11am Lessons	10-11am Aqua Power		
11-11:45am Aqua Yoga		11-11:45am Aqua Yoga		11-11:45am Aqua Yoga		
12-12:55 Gentle Moves	12-3pm Clark College (Closed to Public)	12-12:55 Gentle Moves	12-3pm Clark College (Closed to Public)	12-12:55 Gentle Moves	12-1:30pm Lap Swim	
1-1:55pm Aqua Fusion		1-1:55pm Aqua Fusion		1-1:55pm Aqua Fusion	1:30-3pm Public Swim	
2-3pm Access Aquatics				2-3pm Access Aquatics	3-4:30pm Kayak	
3-5:30pm VSC (Closed to Public)	3-6pm VSC (Closed to Public)	3-5:30pm VSC (Closed to Public)	3-6pm VSC (Closed to Public)	3-6pm VSC (Closed to Public)	<b>4:45-6:30pm</b> <b>*Free Family Swim sponsored by Bauman Chiropractic</b>	
5:15-7:30pm Swim Lessons Registration Required	5:30-8:30pm Lap Swim	5:15-7:30pm Swim Lessons Registration Required	5:30-8:30pm Lap Swim	5:30-7:30pm Lap Swim		
7:35-8:30pm Latin Deep Lap Swim **Child Care (in baby pool)	6:05-7pm Super Fit (deep)  7:00-8:30pm Public Swim	7:35-8:30pm Latin Deep Lap Swim **Child Care (in baby pool)	6:05-7pm Super Fit (deep)  7:00-8:30pm Public Swim	6-7:30pm Splash Away (discounted admission)		

**\* This swim is provided free of charge thanks to a generous donation by Bauman Chiropractic and John & Debra Bauman and family. Please review family swim guidelines on the back of this flyer.**

**\*\*Child care is offered in the baby pool for children 3-10 years for \$2.00**

Marshall pool will be on **HOLIDAY SCHEDULE** 10am-6pm on Monday, May 28th for Memorial Day  
Holiday Schedule:

10am-12:00pm Lap Swim, 12-1:30pm Family Swim, 1:30-3 Public Swim, 3:00-4:00pm Splash Away and 4:00-6:00pm Vancouver Swim Club (closed to the public).



## Swim Descriptions

Equipment is provided for all classes.

### **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.

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

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

**\*\*\*Latin Deep** - Add Latin flavor to deep water and you get a challenging, exhilarating cardio workout. Party on!

**\*\*\*Going Deep** - Try a deep water fitness class that will shape your body and improve your cardio health. Increase your strength and endurance with no impact on the joints.

**\*\*\*\*Super Fit (deep)** - A total body cardio workout with no impact on the joints.

**\*\*\*\*Aqua Athlete Deep** - A high-intensity workout ideal for conditioned men and women looking for a cross-training experience without choreography.

Note: Classes are rated according to difficulty ranging from \*(easy) to \*\*\*\* (difficult)

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 room.

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.

### **Other Swim Descriptions:**

**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.

Our slide is on at this time, there are swimming and height requirements.

**Splash Away** - Discounted public swim.

**Aqua Play** - Parents can bring their children for non-instructed play time.

Non-toilet trained children must wear a swim diaper and plastic pants.

**Clark College** - The entire pool is closed to the public. If you would like to register for one of their classes you will need to do so at the college.

**VSC = Vancouver Swim Club** - The entire pool is closed to the public.

For more information on joining please call 360-944-1872 or 360-750-4550.

**Kayak** - Uninstructed rolling practice time. Bring your own clean equipment.

**Swim Lesson** - During swim lessons the pool is closed for public swimming.

To register for a swim lesson class call 487-7100, click at [vanclarkparks-rec.org](http://vanclarkparks-rec.org) or stop in at the front desk.

Please ensure you keep your valuables safe by using the lockers. Small lockers are 25 cents and large lockers are 50 cents.