



JULY 2010 ~ Aquatic Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		6:30am Aquacise Lap Pool	6:30am Aquacise Lap Pool				
	8:00am Aquacise Lap Pool	8:00am Aquajogger Lap pool	8:00am Aquacise Lap Pool	8:00am Aquajogger Lap pool	8:00am Aquacise Lap Pool	9:00-11:30am Year round / Hammerhead swim practice	
	9:00-12:30pm Year round swim practice		9:00-12:30pm Year round swim practice		9:00-12:30pm Year round swim practice		
		10:00 Joints Motion Lap Pool		10:00 Joint Motion Lap Pool	<i>NEW</i> - Aquassage Appointments available the 2nd Friday of each month	10:00 Aquacise Lap Pool	
Open Swim 1:00-5:00pm	11:30 Walk This Way Lap Pool	11:00am Joint Action Therapy Pool	11:30 Walk This Way Lap Pool	11:00am Joint Action Therapy Pool	11:30 Walk This Way Lap Pool	11:00 Joint Action Therapy Pool	
	12:00 Joints Motion Lap Pool	12:30-1:30pm Masters Swim Practice	12:00 Joints Motion Lap Pool	10:00-12:00pm Year round swim practice	12:00 Joints Motion Lap Pool		
	12:45 Joint Action Therapy Pool	1:00-4:00pm Hydrofit Therapy Pool	12:45 Joint Action Therapy Pool		12:45 Joint Action Therapy Pool		
		2:00-4:00pm Year round swim practice			1:00-2:00pm Masters Swim Practice		
	5:00-7:00pm Hammerhead practice	5:00-7:00pm Hammerhead practice	5:00-7:00pm Hammerhead practice	HAMMERHEAD SWIM TEAM HOME MEET LAP POOL CLOSED THURSDAY, JULY 8TH THURSDAY, JULY 15TH THURSDAY, JULY 22ND AND TUESDAY, JULY 27TH			
	5:00-8:00pm Swim Lessons	6:00-8:00pm Swim Lessons	6:00-8:00pm Swim Lessons				
	5:30 Joint Action Therapy Pool	6:15 Aquacise Lap Pool	5:30 Joint Action Therapy Pool				
	6:30pm Aqua Mix Lap Pool	7:00 Move This Way Lap Pool	6:30pm Aquajogger Lap Pool				
			7:30pm Aquamix Lap Pool	7:15 Move This Way Lap Pool			
			9:00pm-Lap Pool Closed for cleaning	7:45pm Aquamix Lap Pool	9:00pm-Therapy Closed for cleaning	7:00p-Spa Closed for cleaning	Aqua Circuit We have developed a self led aqua circuit system for all members to use. The exercise boards are located beside the railings in the lap pool. Please feel free to choose the boards you want to use and enjoy your workout!!!

***Note - The lap pool is available for member/guest use throughout the day. Lane 5 is designated for open member use during scheduled events.

Physical Therapy Schedule: Monday/Wednesday 7:40am - 12:00pm / 1:30pm - 3:00pm Tuesday/Thursday 8:20am - 11:00am / 12:00pm - 3:30pm

Family Swim Times: This time is for parents and/or grandparents to bring children to the pool areas.

Lap Pool - Monday thru Friday - 8:00am - 8:00pm Saturday 8:00 - 5:00pm Sunday 1:00 - 5:00pm
Children of all ages are welcome to the lap pool during the above times.

Therapy Pool - (weekends only) Saturday 12:00 - 5:00pm Sunday 3:00 - 5:00pm
Children ages 2-12 are welcome to use the therapy pool on the weekends during the above times.

Aquatic Class Descriptions

*****HEALTHQUEST reserves the right to cancel, reschedule or change instructors for all classes according to staff availability and pool maintenance.**

Lap Swim - Two lap lanes will be available during classes/activities unless they have been rented, in which the rented lap lanes will be designed by signs. During busy times, you may be asked to "Circle Swim" or share a lane with another member. Only 1 lane will be available during swim team practices.

Aquacise - 45 minutes of exercises designed to increase cardiovascular endurance, strength and flexibility. Targeted for *Intermediate to Advanced* participants.

Aqua Jogger – 45 minutes of no-impact aquatic exercise utilizing the blue aqua joggers to strengthen muscles and increase cardiovascular endurance followed by cool down, toning and stretching. Majority of class participation is held in the 5ft end of lap pool. Great for all levels of fitness.

Aqua Box - 45-minutes of AQUA KICKBOXING designed to increase cardiovascular endurance, strengthening and tone of the upper and lower body utilizing kickboxing moves and exercises.

Aqua Mix - 45-minutes of water aerobics designed to increase cardiovascular endurance, strengthening and tone the upper and lower body. The instructor will mix it up each week to keep you motivated and wanting more. A variety of aqua kickboxing, aquacise and aquajogger will be used during the classes.

Joint Action – 45-minutes of warm water exercise targeted for persons diagnosed with Arthritis or Fibromyalgia or other musculoskeletal problems designed to keep joints moving, improve flexibility, strength, improve coordination, endurance and mobility.

Joints in Motion – 45-minute class similar to the Joint Action class but will include more movement to increase cardiovascular endurance, strength and flexibility in your joints.

Water Walking – 30-minutes of brisk walking in the lap pool geared toward non-swimmers that uses the resistance of the water to burn calories and strengthen your cardiovascular muscles while toning your whole body. This is a fun and easy class with long-lasting results. 30 minutes of water walking is relative to 1 hour of land walking!!!

Aqua Pilates – 30 minutes of exercises designed by using the land pilates techniques and applied to water variables. The class will include exercises to help develop core stabilization muscles, strength, flexibility, balance, range of motion, posture, coordination and body awareness.

Aqua Circuit Training – Does your schedule conflict with ours?? Can't make it to Aquacise or other group fitness classes then come try our Aqua Circuit Training Circle. This course is available during all opening hours and can be used by all members and guests. Simply pick the boards you want to do, follow the posted exercises for 45 minutes and walk away feeling energized. Aquatic trainers are often available throughout the day for assistance but this class is totally a self-led. You will get out of it what YOU put into it.

Family Swim - This is designated for members to bring children under the age of 12 to the pool areas.

Please refer to the policy posted in the pool area for more details. No children under the age of 12 are allowed in the spa at any time. Children ages 0-5 years old must have a parent in the same pool at all times. Children ages 6-12 years old must be accompanied by a parent in the pool area at all times. Diapers are prohibited in the pool. Children who are not fully potty trained must wear swim diapers. We cannot guarantee lifeguard attendance for all programs. Swim at your own risk. Adults never swim alone!! Lap pool hours for Family Swim Time: Monday-Friday 8:00am-8:00pm, Saturday 8:00am-5:00pm, Sunday 1:00pm-5:00pm. Therapy pool hours for Family swim Time: Saturday 12:00pm-5:00pm and Sunday 3:00pm-5:00pm. Children ages 2-11 years old will not be allowed in the therapy pool Monday-Friday due to physical therapy, group fitness classes, adult HealthQuest member use and other scheduled aquatic programs.

Swim Lessons - 5 - 45 minute classes. Participants must register prior to a new class session beginning *Adult/Child Beginner*. The objective of this class is to introduce and help participants feel more comfortable and safe in the water. We will address fear of the water, safety techniques, buoyancy and basic swim strokes. *Adult/Child Intermediate*: The objective of this class is to build upon basic aquatic skills and targeted toward participants who are more comfortable in the water and want to learn the techniques for swimming.

Water Babies – Monthly aquatic program for children ages 6 months – 12 months. This class will focus on water adjustment, bonding for parents, water safety and beginning submersive techniques. Fees and registration forms must be completed at the front desk to participate in all parent and tot classes.

Water Tots – Monthly aquatic program for children ages 12 months – 3 years. This class will focus on water adjustment, water safety, submersion, floating and beginning swim strokes. A parent must be in the pool at all times during each class.

Pool Parties – Birthday Parties, Anniversaries, Retirement, Graduation - whatever the occasion - have your party at the POOL!!! Several options available - The Wave includes 1 hour in the pool or "The Splash" 2 hour rental including the pool area, pool toys, education room, cake, ice cream, chips, drinks and party decorations. Contact Ashley for pricing and reservation details.

Please feel free to contact the Aquatic Staff at 919-938-7161 for more information regarding any of our aquatic programs. Thank You!!