

# March-May Schedule

## Main Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*No CHS	*CHS 6-8am	*CHS 11-1	*CHS 6-8am	*CHS 11-1	*CHS 6-8am	*No CHS
Open Swim 12:-4:30	Select Open Swim 6:00-8:00  <b>Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55</b>  Select Open Swim 9:55-12:00  <b>Closed for Maintenance 12:00-1:00</b>  Select Open Swim 1:00-4:00  Open Swim 4:00-5:10  <b>Closure for Group Class (see A.A.A.) 5:15-6:10</b>  Open Swim 6:10-8:30	Select Open Swim 6:00-8:30  <b>Closure for Group Class and lap swim (see A.A.A.) 8:30-9:30</b>  Select Open Swim 9:30-4:00  Open Swim 4:00-5:00  <b>Select Open Swim During Swim Lessons 5:00-7:00</b>  Open Swim 7:00-8:30	Select Open Swim 6:00-8:00  <b>Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55</b>  Select Open Swim 9:55-12:00  <b>Closed for Maintenance 12:00-1:00</b>  Select Open Swim 1:00-4:00  Open Swim 4:00-5:10  <b>Closure for Group Class (see A.A.A.) 5:15-6:10</b>  Open Swim 6:10-8:30	Select Open Swim 6:00-8:30  <b>Closure for Group Class and lap swim (see A.A.A.) 8:30-9:30</b>  Select Open Swim 9:30-4:00  Open Swim 4:00-5:00  <b>Select Open Swim During Swim Lessons 5:00-7:00</b>  Open Swim 7:00-8:30	Select Open Swim 6:00-8:00  <b>Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55</b>  Select Open Swim 9:55-12:00  <b>Closed for Maintenance 12:00-1:00</b>  Select Open Swim 1:00-4:00  Open Swim 4:00-5:10  <b>Closure for Group Class (see A.A.A.) 5:15-6:10</b>  Open Swim 6:10-8:30	Select Open Swim 7:00-8:55  <b>Select Open Swim During Swim Lessons (see A.A.A.) 9:00-11:00</b>  Open Swim 11:00-5:30

## Therapy Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Harmony Time 12:00-2:00  <u>Adult Only</u> 2:00-4:30	Harmony Time 6:00-11:00  <b>Closed for Maintenance 11:00-12:00</b>  Harmony Time 12:00-12:15  <b>Closure for Group Class (see A.A.A.) 12:15-1:00</b>  <b>Closure for Parkview Therapy 1:00-2:30</b>  Harmony Time 2:30-6:00  <u>Adult Only</u> 6:00-8:30	Harmony Time 6:00-9:45  <b>Closure for Parkview Therapy 9:45-11:15</b>  Harmony Time 11:15-5:00  <b>Closure for Group Swim Lessons (see A.A.A.) 5:00-6:45</b>  Harmony Time 6:45-8:30	Harmony Time 6:00-11:00  <b>Closed for Maintenance 11:00-12:00</b>  Harmony Time 12:00-12:15  <b>Closure for Group Class (see A.A.A.) 12:15-1:00</b>  <b>Closure for Parkview Therapy 1:00-2:30</b>  Harmony Time 2:30-6:00  <u>Adult Only</u> 6:00-8:30	Harmony Time 6:00-9:45  <b>Closure for Parkview Therapy 9:45-11:15</b>  Harmony Time 11:15-5:00  <b>Closure for Group Swim Lessons (see A.A.A.) 5:00-6:45</b>  Harmony Time 6:45-8:30	Harmony Time 6:00-11:00  <b>Closed for Maintenance 11:00-12:00</b>  Harmony Time 12:00-12:15  <b>Closure for Group Class (see A.A.A.) 12:15-1:00</b>  Harmony Time 1:00-4:00  <u>Adult Only</u> 4:00-8:30	<u>Adult only</u> 7:00-9:00  <b>Closure for Group Swim Lessons (see A.A.A.) 9:00-11:00</b>  Harmony Time 11:00-2:00  <u>Adult Only</u> 2:00-5:30

# Aquatics Activity Agenda (A.A.A.)

**Key:** ☐ Activity is in the Therapy Pool ★ Activity is in the Main Pool  
(Pool is **closed** during Aquatics programs unless otherwise noted as “select open”)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	★Aqua Zumba 8:00-8:55  ★River Walking 9:00-9:55  ☐Aqua Toning 12:15-1:00  ★Water Aerobics 5:15-6:10	★WAC 8:30-9:30  ★Swim Lessons 9:35-12:00 <b>(select open)</b>  ☐★Swim lessons 5:00-7:00 <b>(select open)</b>	★Water Aerobics 8:00-8:55  ★River Walk 9:00-9:55  ☐Aqua Toning 12:15-1:00  ★Water Aerobics 5:15-6:10  ★Teen/adult Swim Coaching and Stroke Development 5:25-6:10	★WAC 8:30-9:30  ★Swim Lessons 9:35-12:00 <b>(select open)</b>  ☐★Swim lessons 5:00-7:00 <b>(select open)</b>	★Aqua Zumba 8:00-8:55  ★River Walking 9:00-9:55  ★Swim lessons 10:00-11:30 <b>(select open)</b>  ☐Aqua Toning 12:15-1:00  ★Water Aerobics 5:15-6:10	☐★Swim Lessons 9:00-11:00

“The aqua aerobic programs allow our guests and members the ability to enjoy the water at any and every stage of life. Our programs have been used as a vital tool for members in supplementing a rigorous land workout regime, pre and post surgery (with doctors consent), enhancing mobility, connecting with community and much more. As a warning, common side effects have been known to occur: peer joy, a sense of belonging, accomplishment, drive, passion amongst other things. We challenge you to come and experience it for yourself. The only way to change is to try. Aloha” - Aquatics Staff

### Activity Breakdown

**Select Open Swim:** Pirate Ship, Main Pool, and lap swim are available

**Select Open Swim During Swim Lessons:** Pool is open with specific swim designated areas sectioned off for lessons.

**Open Swim:** Main pool, Lily pads. Pirate Ship and Water Slides are on a 30 min rotation.

**Harmony Time:** Is a joint time where **ANY** and **ALL** members are allowed in. There is **NO** roughhousing allowed at any time and the Aquatic Staff reserve the right to ask anyone to leave. Adult or child alike.

**Adult Time:** Only adults 18 or over are allowed.

**Parkview Therapy:** Only designated Parkview Patients are allowed at this time to conduct coached therapy.

**Water Aerobics:** Focus on low impact and cardiovascular training while improving flexibility and mobility.

**River Walking:** Low level to moderate walking workout in our river area.

**Aqua Zumba:** A low impact pool party that focuses on aerobic endurance and full body toning using water resistance while grooving to a tropical playlist.

**Aqua Toning:** Low impact, stationary exercises that improve joint movement and encourage flexibility in warm water.

**Water Aerobics Combo (WAC):** A combination of stationary and moving cardiovascular exercises at times utilizing the made current of the river walk to enhance performance.

**CHS:**Centennial High School call for Spring Break and holiday hours.

\*\*ALL FITNESS LEVELS ARE ENCOURAGED TO PARTICIPATE\*\*