



September-December 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 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00 -12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 6:00-8:30 (slides closed) Group Class (see A.A.A.) 8:30-9:30 Select Open Swim 12:00-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00 -12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:10 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 6:00-8:30 (slides closed) Group Class (see A.A.A.) 8:30-9:30 Select Open Swim 12:00-3:00 (slides closed) Open Swim 3:00-5:00 (slides open) Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30 (slides open)	Select Open Swim 6:00-8:00 (slides closed) Group Class (see A.A.A.) 8:00-9:55 Select Open Swim 10:00-12:00 (slides closed) Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 (slides closed) Open Swim 3:00-5:10 (slides open) Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30 (slides open)	Select Open Swim 7:00-8:55 (slides closed) Swim Lessons (see A.A.A.) 9:00-11:00 Open Swim 11:00-5:30 (slides open)

Therapy Pool Schedule

*Schedule is subject to change

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

See reverse side for more information and scheduling



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 “pool open”)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	★Water Aerobics 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 5:00-7:00	★Water Aerobics 8:00-8:55 ★River Walking 9:00 - 9:55 ☐Aqua Toning 12:15-1:00 ★Water Aerobics 5:15-6:10 ★Teen/Adult Swim lessons 5:25-6:10	★WAC 8:30-9:30 ☐★Swim lessons 5:00-7:00	★Water Aerobics 8:00-8:55 ★River Walking 9:00 - 9:55 ☐Aqua Toning 12:15-1:00 ★Water Aerobics 5:15-6:10	☐★Swim Lessons 9:00-11:00

“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. 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. Slides are closed.

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

Adult Time: Only adults 18 and older 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.

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