



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 Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55 Select Open Swim 9:55-12:00 Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 Open Swim 3:00-5:10 Closure for Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30	Select Open Swim 6:00-8:30 Closure for Group Class and lap swim (see A.A.A.) 8:30-9:30 Select Open Swim 9:30-3:00 Open Swim 3:00-5:00 Closure for Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30	Select Open Swim 6:00-8:00 Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55 Select Open Swim 9:55-12:00 Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 Open Swim 3:00-5:10 Closure for Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30	Select Open Swim 6:00-8:30 Closure for Group Class and lap swim (see A.A.A.) 8:30-9:30 Select Open Swim 9:30-3:00 Open Swim 3:00-5:00 Closure for Group Swim Lessons (see A.A.A.) 5:00-7:00 Open Swim 7:00-8:30	Select Open Swim 6:00-8:00 Closure for Group Class and lap swim (see A.A.A.) 8:00-9:55 Select Open Swim 9:55-12:00 Closed for Maintenance 12:00-1:00 Select Open Swim 1:00-3:00 Open Swim 3:00-5:10 Closure for Group Class (see A.A.A.) 5:15-6:10 Open Swim 6:10-8:30	Select Open Swim 7:00-8:55 Closure for Group Swim Lessons (see A.A.A.) 9:00-11:00 Open Swim 11:00-5:30

Therapy Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Harmony Time 12:00-3:00 <u>Adult Only 3:00-4:30</u>	Harmony Time 6:00-11:00 Closed for Maintenance 11:00-12:00 Harmony Time 12:00-12:15 Closure for Group Class (see A.A.A.) 12:15-1:00 Closure for Parkview Therapy 1:00-2:30 Harmony Time 2:30-8:30	Harmony Time 6:00-9:45 Closure for Parkview Therapy 9:45-11:15 Harmony Time 11:15-5:00 Closure for Group Swim Lessons (see A.A.A.) 5:00-7:00 <u>Adult Only 7:00-8:30</u>	Harmony Time 6:00-11:00 Closed for Maintenance 11:00-12:00 Harmony Time 12:00-12:15 Closure for Group Class (see A.A.A.) 12:15-1:00 Closure for Parkview Therapy 1:00-2:30 Harmony Time 2:30-8:30	Harmony Time 6:00-9:45 Closure for Parkview Therapy 9:45-11:15 Harmony Time 11:15-5:00 Closure for Group Swim Lessons (see A.A.A.) 5:00-7:00 <u>Adult Only 7:00-8:30</u>	Harmony Time 6:00-11:00 Closed for Maintenance 11:00-12:00 Harmony Time 12:00-12:15 Closure for Group Class (see A.A.A.) 12:15-1:00 Harmony Time 1:00-8:30	Harmony Time 7:00-9:00 Closure for Group Swim Lessons 9:00-11:00 Harmony Time 11:00-4:00 <u>Adult Only 4:00-5:30</u>



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
	★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 (pool open) ☐★Swim lessons 5:00-7:00	★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 lessons 5:25-6:10	★WAC 8:30-9:30 ★Swim Lessons 9:35-12:00 (pool open) ☐★Swim lessons 5:00-7:00	★Aqua Zumba 8:00-8:55 ★River Walking 9:00-9:55 ★Swim lessons 10:00-11:30 (pool open) ☐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

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

ALL FITNESS LEVELS ARE ENCOURAGED TO PARTICIPATE