

ACTIV AQUATICS SCHEDULE

LEISURE POOL

MONDAY

6 AM to 3:45 PM: River Walking

4 to 5 PM: Closed for Cleaning

5 to 6:45 PM: River Walking

TUESDAY

6 AM to 3:45 PM: River Walking

10 to 10:30 AM: Arthritic Movement

10:30 to 11 AM: Arthritic Movement

2 to 2:30 PM: Aqua Gentle (Starting in June)

2:45 to 3:30 PM: Aqua Strength (Starting in June)

4 to 5 PM: Closed for Cleaning

5 to 6:45 PM: River Walking

7 to 7:45 PM: Aqua Your Way

WEDNESDAY

6 AM to 3:45 PM: River Walking

4 to 5 PM: Closed for Cleaning

5 to 6:45 PM: River Walking

7 to 7:45 PM: Aqua Your Way

THURSDAY

6 AM to 3:45 PM: River Walking

10 to 10:30 AM: Arthritic Movement

10:30 to 11 AM: Arthritic Movement

2 to 2:30 PM: Aqua Gentle (Starting in June)

2:45 to 3:30 PM: Aqua Strength (Starting in June)

4 to 5 PM: Closed for Cleaning

5 to 6:45 PM: River Walking

7 to 7:45 PM: Aqua Your Way

FRIDAY

6 AM to 3:45 PM: River Walking

4 to 5 PM: Closed for Cleaning

5 to 6:45 PM: River Walking

7 to 7:45 PM: Aqua Your Way

SATURDAY

8 AM to 4:45 PM: River Walking

SUNDAY

12 to 4:45 PM: River Walking

CLASS DESCRIPTIONS

Classes begin promptly at the scheduled time. Please arrive 5 to 10 minutes early to secure your spot & get settled.

AQUA GENTLE: Exercising in the water is on the joints, however, always listen to your body. Whether you're new to aquatic exercise or looking for a safe, effective way to stay active, this class meets you where you are.

AQUA STRENGTH: Focus on maintaining perfect posture and spinal alignment while engaging in a dynamic series of movements that range from rhythmic warm-ups to high-energy football drills and side leaps.

AQUA YOUR WAY: This self-led program is designed to let you take control of your workout - at your pace. Equipment provided includes: Aqua Spin Bikes, Water Dumbbells, and Kick Boards. No instructor, no pressure.

ARTHRITIC MOVEMENT: This class is designed to help you learn how to improve flexibility, practice warm-up techniques, and sooth arthritic joints for better mobility and relief.

RIVER WALKING: This low-impact, self-paced session is designed for individuals who prefer a flexible and independent workout. While there is no formal instruction, lifeguards are on duty for your safety.

Aqua shoes recommended, especially if there is any numbness in extremities.

LAP POOL

MONDAY

6 to 7:45 AM: Lap Swim
 8 to 8:45 AM: H2O on the Go!
 9 to 9:45 AM: Aqua Stretch
 10 to 10:45 AM: Aqua Zumba
 11 AM to 1:45 PM: Lap Swim
 2 to 3:45 PM: Open Swim
4 to 5 PM: Closed for Cleaning
 5 to 5:30 PM: Open Swim
 5:45 to 6:30 PM: Aqua Fit
 6:45 to 7:30 PM: Aqua Fit

TUESDAY

6 AM to 12:45 PM: Lap Swim
 1 to 1:45 PM: Aqua Zumba
 2 to 3:45 PM: Open Swim
4 to 5 PM: Closed for Cleaning
 5:15 to 6 PM: Water Aerobics
 6:15 to 7 PM: Water Aerobics
 7 to 7:45 PM: Open Swim

WEDNESDAY

6 to 7:45 AM: Lap Swim
 8 to 8:45 AM: H2O on the Go!
 9 to 9:45 AM: Aqua Stretch
 10 AM to 1:45 PM: Lap Swim
 2 to 3:45 PM: Open Swim
4 to 5 PM: Closed for Cleaning
 5 to 7:45 PM: Lap Swim*

*One lane closed.

THURSDAY

6 AM to 12:45 PM: Lap Swim
 1 to 1:45 PM: Aqua Zumba
 2 to 3:45 PM: Open Swim
4 to 5 PM: Closed for Cleaning
 5 to 5:30 PM: Open Swim
 5:45 to 6:30 PM: Aqua Fit
 6:45 to 7:30 PM: Aqua Fit

FRIDAY

6 to 7:45 AM: Lap Swim
 8 to 8:45 AM: H2O on the Go!
 9 to 9:45 AM: Aqua Stretch
 10 to 10:45 AM: Aqua Zumba
 11 AM to 1:45 PM: Lap Swim
 2 to 3:45 PM: Open Swim
4 to 5 PM: Closed for Cleaning
 5 to 6:45 PM: Lap Swim
 7 to 7:45 PM: Water Aerobics

SATURDAY

8 AM to 12 PM: Lap Swim
 12:15 to 4:45 PM: Open Swim

SUNDAY

12 to 2:15 PM: Lap Swim
 2:30 to 4:45 PM: Open Swim

CLASS DESCRIPTIONS

Classes begin promptly at the scheduled time. Please arrive 5 to 10 minutes early to secure your spot & get settled.

AQUA FIT: This upbeat class blends classic hits from the 60s, 70s, and 80s, with the natural resistance of water in a safe, effective workout.

AQUA STRETCH: This low-impact class is designed for older adults looking to improve flexibility, mobility, and joint health in a safe, supportive setting.

AQUA ZUMBA: The low-impact, high-energy water workout blends Latin-inspired dance moves with the natural resistance of water.

H2O ON THE GO!: Get moving with this fast-paced, low impact workout designed to boost cardio, strength, and endurance while being easy on your joints.

LAP SWIM: Lap swimming offers a low-impact, full-body workout and supports cardiovascular health, strength, and endurance. Respectful lane sharing ensures a smooth, efficient, and enjoyable experience for everyone.

WATER AEROBICS: This low-impact, music-driven workout blends great music with gently yet effective cardio and toning exercises, perfect for all fitness levels, especially older adults in rehab and recovery.

Aqua shoes recommended, especially if there is any numbness in extremities.

POOL HOURS:

Monday thru Friday: 6 AM to 8 PM | Saturday: 8 AM to 5 PM | Sunday: 12 to 5 PM