


# Warm Water Pool Schedule

January 1-February 12, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 – 8 am		Joints-N-Motion Victoria		“Oh My Aching Back” Victoria			
9 – 10 am	Joints-N-Motion Jill	Joints-N-Motion Teri	Joints-N-Motion Jill	Joints-N-Motion Martha	Joints-N-Motion Teri	Move That Body 8:30-9:30	
10 – 11 am		Swim Lessons (1/16-2/9) Family Open Swim 10:30-12:00		Swim Lessons (1/16-2/9) Family Open Swim 10:30-12:00		Splish & Splash Baby Time Staff	
12 – 1 pm	Joints-N-Motion Michelle		Joints-N-Motion Martha		Joints-N-Motion Martha/Gina		
1 – 2 pm	Advanced Joints-N-Motion Michelle		Advanced Joints-N-Motion Martha		Joints-N-Motion Martha/Gina		
2 – 3 pm	Joints-N-Motion Sarah	“Oh My Aching Back” 2 – 2:45 Victoria	Joints-N-Motion Jennifer	“Oh My Aching Back” 2 - 2:45 Victoria	Joints-N-Motion Gina/Sarah		Family Open Swim 3:00-5:00 pm
4 – 5 pm	Swim Lessons (1/16-2/9)		Swim Lessons (1/16-2/9)				
5:15 – 6pm	Swim Lessons (1/16-2/9)	Bosom Buddies 5:15-6:00 Michelle	Swim Lessons (1/16-2/9)	Bosom Buddies 5:15-6:00 Michelle			
6 –6:45 pm	Swim Lessons (1/16-2/9)	Move That Body Sheryl	Swim Lessons (1/16-2/9)	Move That Body Michelle			
7 – 8:00 pm	Swim Lessons (1/16-2/9)	Swim Lessons (1/16-2/9)	Swim Lessons (1/16-2/9)	Swim Lessons (1/16-2/9)			
7:00 – 8:30 pm		Family Open Swim 7:00-8:30 pm (No Open Swim Jan. 16-Feb. 9 due to swim lessons)		Family Open Swim 7:00-8:30 pm (No Open Swim Jan. 16-Feb. 9 due to swim lessons)			

**Pool temperature is 92-94 degrees.**

**Exercise in this pool is not aimed at aerobic conditioning, but for toning and therapeutic purposes.**

**Joints-N-Motion** – 45 minute class + 15 minutes “your own time”. Class is comprised of warm-up, upper and lower body exercises, toning, cool down and stretching. The last 15 minutes of class will be designed as “your own time”. You can water walk, use the noodle, ask the instructor to show you some new exercises, socialize or hit the shower.

**Move that Body** – 45 minute class. An upbeat tempo class that focuses on muscular strength and endurance for people affected by muscular pain. Moves are performed rhythmically and continuously at a moderate intensity. This class offers an advanced format that focuses on muscular strength and endurance.

**Advanced Joints-N-Motion** – Class includes many of the same exercises as Joints-N-Motion. This advanced class, however, will incorporate moves that will help to improve balance, core strength, and back stabilization. The aerobic portion will also challenge participants by doing exercises that are more complex requiring added concentration.

## “Oh My Aching Back”

45 minutes

Class starts with warm up, moves into exercises for balance and core strength, cool down and finally a wall stretch series.

### New Participants

- New participants should arrive at class 5 minutes early if possible.
- Please let the instructor know if you have any physical limitations.
- If your doctor or physical therapist has told you not to do certain exercises, please follow their instructions.



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