

**Fall 2021 Aquatic Schedule**  
**Effective August 23<sup>rd</sup>, 2021 – December 19<sup>th</sup>, 2021**  
Members only time Mon-Fri 5am-6am & Sat 6am-7am

	Lap Swim	***Open Plunge***		Deep Water Aerobics	Shallow Water Aerobics	Senior Water Aerobics
		Lap Pool	Leisure Pool			
Mon	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7am-8:55am (6 lanes) 10-1:30pm (3 lanes) 7-9pm (1 lane) 9-10pm (2 lanes)	7pm-9pm	*5-9am Adult's only*  **Toddler Time 10am-12pm**  3:30pm-5pm 7-9pm	6 am 9 am	6 am 8:30 pm	9 am
Tues	5-5:55am (6 lanes) 6-6:55am (3 lanes) 7am-8:55am (6 lanes) 10-1:30pm (3 lanes) 7-9pm (1 lane) 9-10pm (2 lanes)	7pm-9pm	*5-9am Adult's only*  3:30pm-5pm 7-9pm	9 am 6 pm	8:30 pm	9 am Arthritis
Weds	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7am-8:55am (6 lanes) 10-1:30pm (3 lanes) 7-9pm (1 lane) 9-10pm (2 lanes)	7pm-9pm	*5-9am Adult's only*  **Toddler Time 10am-12pm**  3:30pm-5pm 7-9pm	6 am 9 am	6 am 8:30 pm	9 am
Thurs	5-5:55am (6 lanes) 6-6:55am (3 lanes) 7am-8:55am (6 lanes) 10-1:30pm (3 lanes) 7-9pm (1 lane) 9-10pm (2 lanes)	7pm-9pm	*5-9am Adult's only*  3:30pm-5pm 7-9pm	9 am 6 pm	8:30 pm	9 am Arthritis
Fri	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7am-8:55am (6 lanes) 10am-1:30pm (3 lanes) 5:30pm-7pm (1 lane)	5:30pm-7pm	*5-9am Adult's only*  **Toddler Time 10am-12pm**  3:30pm-7pm	6 am 9 am	6 am	9 am
Sat	6-7:55am (6 lanes) 11am-7pm (1 lane)	11am-7pm	11am-7pm	8am Combo Class		
Sun	12-5pm (1 lane)	12pm-5pm	12pm-5pm			

**SCHEDULE SUBJECT TO CHANGE**

\*There may be private swimming lessons with children in portions of the pool during this time.\*

\*\*The leisure pool will be open for children 8 and under accompanied by an adult in the water. The water features and slide will be off.\*\*

\*\*\*Wibit scheduled to be in the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month. Wibit schedule is subject to change.\*\*\*

High school swimming meets are held in lap pool occasionally Tues or Thurs 2:30pm-6pm Nov to Jan

**\*\*\*During open plunge there may be a 7-10 minute rest room break every hour.\*\*\***

Schedule will vary on holidays. Please check with front desk for holiday hours.

The Clearfield Aquatic Center reserves the right to change the hours listed above.

The Utah State Health Code requires all children under age 3 to wear a swim diaper and waterproof pants.

Swim diapers and waterproof pants are available for purchase at the front desk.

# Fall Water Aerobic Schedule

## Effective Aug 23<sup>rd</sup> – Dec 19<sup>th</sup> 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	<b>Power H2O</b> Combo Erin <b>S.A.F.E.-</b> Shallow Joy	<b>Lazy River</b> <b>Challenge-Shallow</b> Joy	<b>Deep Cardio</b> <b>Intervals</b> Erin <b>S.A.F.E.-</b> Shallow Esther	<b>Lazy River</b> <b>Challenge- Shallow</b> Joy	<b>Power H2O</b> Combo Lori <b>S.A.F.E.-</b> Shallow Joy	
9:00am	<b>Slow &amp; Easy</b> <b>Shallow</b> Anna <b>Deep Water</b> Corina	<b>Aqua</b> <b>Motivation</b> Deep Clarissa <b>Arthritis</b> Shallow Cindy	<b>Slow &amp; Easy</b> <b>Shallow</b> Corina <b>Water Blast</b> Deep Clarissa	<b>Aqua</b> <b>Motivation</b> Deep Cindy <b>Arthritis</b> Shallow Corina	<b>Slow &amp; Easy</b> <b>Shallow</b>  <b>Deep Water</b> Erin	<b>8:00am</b> <b>The Water</b> <b>Experience</b> Sharilyn
6:00pm		<b>Liquid Moves</b> Combo Sharilyn		<b>Power H2O</b> Deep Sharilyn		
8:30pm	<b>Power H2O</b> Deep	<b>Aqua Zumba®</b> Shallow Beth	<b>Power H2O</b> Deep	<b>Aqua Zumba®</b> Shallow Carley		

**During this time classes may be shortened to allow for Social Distancing between classes.**

### Schedule Subject to Change

**Deep Water Aerobics:** Do you want a great low-impact, fat-burning workout. This course is designed to introduce the enthusiast, as well as the “want to be” enthusiast, to the marvels of deep conditioning. Participants wear deep water belts especially designed to keep them afloat in the deep water. Experience innovative cardiovascular exercises performed with no impact on the body.

**Liquid Moves:** Experience a unique aquatic workout! This class offers aquatic moves to help increase muscular strength, flexibility, and cardiovascular endurance in a different format than the traditional water aerobics class. It’s an amazing all-over conditioning experience with no jarring impact on the joints. Check it out for a change of pace and a great workout.

**Aqua-Fit:** A powerful water workout that will help you unwind as you work against the water’s resistance to increase cardio fitness, improve strength and flexibility, and sculpt all the major muscle groups. Burn those extra calories and then stretch out and let your worries float away. *Try it! It’s a great way to end your day.* (Aqua socks/shoes recommended)

**Senior Aquatic Fitness Enthusiasts!! S.A.F.E. :** This water aerobics class is specially designed for the person over 50 years old, however, it is open to anyone who is interested in a fun, low-impact water workout. Aerobic capacity, strength, flexibility, balance and reaction time will greatly improve. Meet new friends and improve your physical fitness every morning at the Clearfield Aquatic and Fitness Center.

**Arthritis:** This program is designed to help relieve pain and stiffness caused by arthritis while providing a fun social opportunity. Participants will be led through a series of specially designed exercises, which with the aid of the water’s buoyancy and resistance can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. It is not necessary to know how to swim. Instructors are certified through the Arthritis Foundation.

**Lazy River Challenge:** Try this new early morning water class in the warm leisure pool! Do a variety of exercises against the current while having a great time. Increase your flexibility, strength, and endurance and release that unwanted stress as you work against the resistance of the water for a great workout. Water shoes are recommended!

**Aqua Zumba:** Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. **This class is 45 minutes in length.**

**The Water Experience:** Do you want a great fat burning workout that is always changing? You never truly know what each Saturday will bring, it may be deep, shallow or a combination of both. Experience innovative cardiovascular exercises performed with no impact on the body.