

## Fall Aquatic Schedule

### Effective August 22<sup>nd</sup>, 2022 – September 5th, 2022

*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	Outdoor Pool <i>Weather permitting</i>			
Mon	5-5:55 am (6 lanes) 6-6:55am (2 lanes) 7-8:55am (6 lanes) 10-3pm (3 lanes) 7-9:30pm (1 lane)	7-8:30pm	7-8:30pm	Wading Pool: 7pm-8:30pm	6am 9am 8:30pm	6am	9am
Tues	5-5:55 am (6 lanes) 6-6:55am (6 lanes) 7-8:55am (6 lanes) 10-3pm (3 lanes) 7-9:30pm (1 lane)	7-8:30pm	4-8:30pm	Wading Pool: 4pm-8:30pm  Splash Pad: 4pm-7pm	9am 6pm	6am 8:30pm	9am Arthritis
Weds	5-5:55 am (6 lanes) 6-6:55am (2 lanes) 7-8:55am (6 lanes) 10-3pm (3 lanes) 7-9:30pm (1 lane)	7-8:30pm	7-8:30pm	Wading Pool: 7pm-8:30pm	6am 9am 8:30pm	6am	9am
Thurs	5-5:55 am (6 lanes) 6-6:55am (6 lanes) 7-8:55am (6 lanes) 10-3pm (3 lanes) 7-9:30pm (1 lane)	7-8:30pm	4-8:30pm	Wading Pool: 4pm-8:30pm  Splash Pad: 4pm-7pm	9am 6pm	6am 8:30pm	9am Arthritis
Fri	5-5:55 am (6 lanes) 6-6:55am (2 lanes) 7-8:55am (6 lanes) 10-3pm (3 lanes) 5:30-7pm (1 lane)	5:30-7pm	4-7pm	Wading Pool: 4pm-7pm  Splash Pad: 4pm-5:30pm	6am 9am	6am	9am
Sat	6-7:55 am (6 lanes) 11-12pm (3 lanes) 12-7 pm (1 lane)	12-7pm **See below**	12-7 pm	12pm-7pm	<b>8 am Combo Class</b>		
Sun	12-5 pm (1 lane)	12-5 pm	12-5 pm	12-5 pm			

### SCHEDULE SUBJECT TO CHANGE

\*\*Wibit (Inflatable obstacle course) will be in the lap pool the first and third Saturday of each month\*\*

**\*\*\*During open plunge there will be a 5 minute safety break every hour.\*\*\***

*Schedule will vary on holidays. Please check website or front desk for holiday hours.*

The Clearfield Aquatic and Fitness 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.

**Follow us on Facebook and Instagram @clearfieldaquaandfit**

## Fall Water Aerobic Schedule

### Effective Aug 22<sup>nd</sup>, 2022 – Sept 5<sup>th</sup>, 2022

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

#### 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.

**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.**

**SilverSneakers Splash:** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**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.