

## Winter Aquatic Schedule

### Effective Jan 4<sup>th</sup>, 2023 – March 19<sup>th</sup>, 2023

Members only time Mon-Fri 5am-6am & Sat 6am-7am

|       | Lap Swim  | ***Open Plunge***       |  | Deep Water Aerobics  | Shallow Water Aerobics | Senior Water Aerobics |
|-------|---|-------------------------|--|----------------------|------------------------|-----------------------|
|       |   | Competition Pool        | Leisure Pool                                 |                      |                        |                       |
| Mon   | 5-5:55 am (6 lanes)<br>6-6:55am (2 lanes)<br>7-8:55am (6 lanes)<br>10am-3pm (3-6 lanes)<br>7-9:30pm (1 lane)                    | 7pm-8:30pm              | 7pm-8:30pm                                   | 6am<br>9am<br>8:30pm | 6am                    | 9am                   |
| Tues  | 5-5:55 am (6 lanes)<br>6-6:55am (6 lanes)<br>7-8:55am (6 lanes)<br>10am-3pm (3-6 lanes)<br>7-9:30pm (1 lane)                    | 7pm-8:30pm              | 4pm-8:30pm                                   | 9am<br>6pm           | 6am<br>8:30pm          | 9am<br>Arthritis      |
| Weds  | 5-5:55am (6 lanes)<br>6-6:55am (2 lanes)<br>7am-8:55am (6 lanes)<br>10-1:30pm (3-6 lanes)<br>7-9pm (1 lane)<br>9-10pm (2 lanes) | 7pm-8:30pm              | *Toddler Time<br>9am-11am*<br><br>7pm-8:30pm | 6am<br>9am<br>8:30pm | 6am                    | 9am                   |
| Thurs | 5-5:55 am (6 lanes)<br>6-6:55am (6 lanes)<br>7-8:55am (6 lanes)<br>10am-3pm (3-6 lanes)<br>7-9:30pm (1 lane)                    | 7pm-8:30pm              | 4pm-8:30pm                                   | 9am<br>6pm           | 6am<br>8:30pm          | 9am<br>Arthritis      |
| Fri   | 5-5:55 am (6 lanes)<br>6-6:55am (2 lanes)<br>7-8:55am (6 lanes)<br>10am-3pm (3-6 lanes)<br>5:30-7pm (1 lane)                    | 5:30pm-7pm              | *Toddler Time<br>9am-11am*<br><br>4pm-7pm    | 6am<br>9am           | 6am                    | 9am                   |
| Sat   | 6-7:55am (6 lanes)<br>11am-7pm (1 lane)   | 12-7pm<br>**See below** | 12-7 pm                                      | 8am Combo Class      |                        |                       |
| Sun   | 12-5 pm (1 lane)  | 12-5 pm                 | 12-5 pm                                      |                      |                        |                       |

### SCHEDULE SUBJECT TO CHANGE

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

\*\*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 Jan and Feb

**\*\*\*During open plunge there may be a 5 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.

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

# Winter Water Aerobic Schedule

## Effective Jan 4<sup>th</sup>, 2023 – Feb 26<sup>th</sup>, 2023

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

**Aqua Motivation:** 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. Aqua socks/shoes recommended

**Slow and Easy Shallow :** 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.

**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.