

Winter Aquatic Schedule

Effective Mar. 20th – May27th, 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) 6-6:55am (2 lanes) 7-8:55am (6 lanes) 10am-3pm (2-6 lanes) 7-9:30pm (1 lane)	7pm-8:30pm	7pm-8:30pm	6am 9am 8:30pm	6am	10am
Tues	5-5:55 am (6 lanes) 6-6:55am (6 lanes) 7-8:55am (6 lanes) 10am-3pm (2-6 lanes) 7-9:30pm (1 lane)	7pm-8:30pm	4pm-8:30pm	9am 6pm	6am 8:30pm	10am Arthritis
Weds	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7am-8:55am (6 lanes) 10-1:30pm (2-6 lanes) 7-9pm (1 lane) 9-10pm (2 lanes)	7pm-8:30pm	*Toddler Time 9am-11am* 7pm-8:30pm	6am 9am 8:30pm	6am	10am
Thurs	5-5:55 am (6 lanes) 6-6:55am (6 lanes) 7-8:55am (6 lanes) 10am-3pm (2-6 lanes) 7-9:30pm (1 lane)	7pm-8:30pm	4pm-8:30pm	9am 6pm	6am 8:30pm	10am Arthritis
Fri	5-5:55 am (6 lanes) 6-6:55am (2 lanes) 7-8:55am (6 lanes) 10am-3pm (2-6 lanes) 5:30-7pm (1 lane)	5:30pm-7pm	*Toddler Time 9am-11am* 4pm-7pm	6am 9am	6am	10am
Sat	6-7:55am (6 lanes) 11am-7pm (1 lane)	12-7pm **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 1st and 3rd 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 Mar 20th- May 27th, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Power H2O Deep Erin Slow and Easy Shallow Joy	Lazy River Challenge-Shallow Joy	Power H2O Deep Erin Slow and Easy Shallow Esther	Lazy River Challenge- Shallow Joy	Power H2O Deep Lori Slow and Easy Shallow Joy	
9:00am	Power H2O Deep Corina	Aqua Motivation Deep Cindy	Power H2O Deep Clarissa	Aqua Motivation Deep Erin/Corina	Power H2O Deep Erin	8:00am The Water Experience Combo Sharilyn
10:00am	Slow & Easy Shallow Corina	Arthritis Shallow Cindy	Slow & Easy Shallow Clarissa	Arthritis Shallow Erin/Corina	Slow & Easy Shallow Erin	
6:00pm		Liquid Moves Combo Sharilyn		Liquid Moves Combo Sharilyn		
8:30pm	Power H2O Deep Beth	Aqua Zumba® Shallow Leticia	Power H2O Deep Beth	Aqua Zumba® 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.

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.