



## Summer Aquatic Schedule Effective May 29<sup>th</sup>, 2023 – August 15<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
		Lap Pool	Leisure Pool	Outdoor Pool <i>Weather permitting</i>			
Mon	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7-7:55am (3 lanes) 9-3pm (1 lane) 7-9pm (1 lane)	12-3pm 7-8:30pm	*5-8:30am* Adult's only 12-5pm 7-8:30pm	12pm-4:30pm 7-8pm	6am 8am 8:30pm	6am	8am
Tues	5-5:55am (6 lanes) 6-6:55am (6 lanes) 7-7:55am (6 lanes) 9-3pm (1 lane) 7-9pm (1 lane)	12-3pm 7-8:30pm	*5-8:30am* Adult's only 12-8:30pm	12pm-8pm	8am 6pm	6am 8:30pm	8am Arthritis
Weds	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7-7:55am (6 lanes) 9-3pm (1 lane) 7-9pm (1 lane)	12-3pm 7-8:30pm	*5-8:30am* Adult's only 12-5pm 7-8:30pm	12pm-4:30pm 7-8 m	6am 8am 8:30pm	6am	8am
Thurs	5-5:55am (6 lanes) 6-6:55am (6 lanes) 7-7:55am (6 lanes) 9-3pm (1 lane) 7-9pm (1 lane)	12-3pm 7-8:30pm	*5-8:30am* Adult's only 12-8:30pm	12pm-8pm	8am 6pm	6am 8:30pm	8am Arthritis
Fri	5-5:55am (6 lanes) 6-6:55am (2 lanes) 7-7:55am (6 lanes) 9-3pm (1 lane) 5:30-7pm (1 lane)	12-3pm 5:30-7pm	*5-8:30am* Adult's only 12-7pm	12pm-7pm	6am 8am	6am	8am
Sat	6-7:55am (6 lanes) 11-12pm (4 lanes) 12-7pm (1 lane)	12-7pm**	12-7pm	12pm-7pm	<b>8 am Combo Class</b>		
Sun	12-5pm (1 lane)	12-5pm	12-5pm	12-5pm			

### SCHEDULE SUBJECT TO CHANGE

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

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

**\*\*\*During open plunge there may 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.

## Summer Water Aerobic Schedule

# Effective May 29<sup>th</sup>, 2023 – Aug 15<sup>th</sup>, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	<b>Power H2O</b> Deep Erin <b>Slow &amp; Easy</b> Shallow Joy	<b>Lazy River Challenge</b> Shallow Joy	<b>Power H2O</b> Lori <b>Slow &amp; Easy</b> Shallow Joy	<b>Lazy River Challenge</b> Shallow Joy	<b>Power H2O</b> Deep Beth <b>Slow &amp; Easy</b> Shallow Joy	
8:00 am	<b>Slow &amp; Easy</b> Shallow Corina <b>Power H2O</b> Deep Clarissa	<b>Aqua Motivation</b> Deep Cindy <b>Arthritis</b> Shallow Erin	<b>Slow &amp; Easy</b> Shallow Corina <b>Power H2O</b> Deep Erin	<b>Aqua Motivation</b> Deep Clarissa <b>Arthritis</b> Shallow Cindy	<b>SilverSplash</b> Shallow Corina <b>Power H2O</b> Deep Erin	<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 Leticia	<b>Power H2O</b> Deep Beth	<b>Aqua Zumba®</b> Shallow Carley		

## Schedule Subject to Change

**Power H20:** 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. *Try it! It’s a great way to end your day.* (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. 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.