

Monday		
5:00-6:30 am	Adult Swim	*****
6:30-7:15 am	Aqua Waves †	Marie
8:00-9:00 am	Joints * Combo	Cori
9:00-9:45 am	Gentle Joints * †	Cori
10:00-11:00 am	Joints in Motion *	Julie
11:00-Noon	Aqua Waves	Annette
12:00-2:00 pm	Family Swim	
2:00-3:00 pm	Adult Swim	*****
3:00-5:30 pm	Family Swim	
5:30-6:30 pm	Aqua flow	Marie
6:30-9:00 pm	Family Swim	
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning
Tuesday		
5:00-8:00 am	Adult Swim	*****
8:00-9:00 am	Joints in Motion *	Rita
9:00-2:00 pm	Family Swim	
10:30-12:00 pm	Swim Lessons	1/2 Pool
1:00-2:00 pm	Meriter Class **	1/2 Pool
2:00-3:00 pm	Adult Swim	*****
3:00-9:00 pm	Family Swim	
3:45-7:00 pm	Swim Lessons	1/2 Pool
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning
Wednesday		
5:00-6:30 am	Adult Swim	*****
6:30-7:15 am	Aqua Waves †	Marie
8:00-9:00 am	Joints in Motion *	Deb
9:00-9:45 am	Gentle Joints * †	Deb
10:00-11:00 am	Joints in Motion *	Deb
11:00-Noon	Aqua Waves	Kathy
12:00-2:00 pm	Family Swim	
2:00-3:00 pm	Adult Swim	*****
3:00-5:30 pm	Family Swim	
4:00-5:30 pm	Swim Lessons	1/2 Pool
5:30-6:30 pm	Aqua Flow	Marie
6:30-9:00 pm	Family Swim	
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning

www.harborathletic.com

Thursday		
5:00-8:00 am	Adult Swim	*****
8:00-9:00 am	Joints * Combo	Kathy
9:00-1:00 pm	Family Swim	
10:00-11:30 am	Swim Lessons	1/2 Pool
12:00-1:00 pm	Meriter Class **	1/2 Pool
1:00-2:00 pm	Aqua Flow	Peg
2:00-3:00 pm	Adult Swim	*****
3:00-9:00 pm	Family Swim	
4:00-6:45 pm	Swim Lessons	1/2 Pool
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning
Friday		
5:00-6:30 am	Adult Swim	*****
6:30-7:15 am	Aqua Waves †	Marie
8:00-9:00 am	Joints in Motion *	Cori
9:00-9:45 am	Gentle Joints * †	Cori
10:00-11:00 am	Joints * Combo	Jane
11:00-Noon	Aqua Waves	Jane
12:00-2:00 pm	Family Swim	
2:00-3:00 pm	Adult Swim	*****
3:00-9:00 pm	Family Swim	
4:00-5:30 pm	Swim Lessons	1/2 Pool
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning
Saturday		
5:00-8:00 am	Adult Swim	*****
8:00-9:00 am	Joints in Motion *	Marie
9:00-10:00 am	Pilates/Aqua Flow	Marie
10:00-4:00 pm	Family Swim	
10:15-11:45 pm	Swim Lessons	1/2 Pool
4:00-6:00 pm	Adult Swim	*****
6:00-9:00 pm	Family Swim	
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning
Sunday		
5:00-9:30 am	Adult Swim	*****
9:30-10:30 am	Ai Chi / Joints * Combo	Sandy S
10:30-5:00 pm	Family Swim	
3:00-5:00 pm	Swim Lessons	1/2 Pool
5:00-6:30 pm	Adult Swim	*****
6:30-9:00 pm	Family Swim	*****
9:00-3:00 am	Adult Swim	*****
3:00-5:00 am	Closed	Cleaning

Pool Temp ~91°

Pool Temp ~91°

## Warm Water Class Descriptions

All classes are 60 minutes in length unless otherwise noted.

No children allowed in pool or hot tub during adult swim and class times.

\*Arthritis Foundation approved classes require a signed release from participant.

The release forms are available from your instructor or at the front desk.

No Swimming other than class participation during class. † Denotes 45 minute classes

**Gentle Joints (\*Arthritis Foundation approved)** (beginner level) - A 45 minute beginner class that includes mild water walking and gentle exercise format that focus on increasing range of motion, strength, and balance without stress to the joints.

**Joints in Motion (\*Arthritis Foundation approved)** (beginner to intermediate level) - The first 45 minutes is a beginner class (see Gentle Joints format above). The last 15 minutes includes a gentle (low-impact) water aerobic workout to raise heart rate and improve cardiovascular endurance.

**Joints \* Combo** - The first 45 minutes is **Gentle Joints (\*Arthritis Foundation approved)** see above description. The last 15 minutes is a combination of the classes described below.

**Aqua Flow** (all levels) - This class includes Ai Chi (Tai Chi in the water) and other disciplines combining breathing techniques with gentle movement patterns to help you destress and increase balance, strength and range of motion. Relax and benefit from the meditative and soothing movement in the comfort of our Warm Water pool! Relieve stiffness and stress associated with Fibromyalgia, Chronic Fatigue, Arthritis and Parkinson's.

**Ai Chi** (all levels) - Flowing aquatic energy. Tai Chi in the water. Let the soothing waters strengthen your body and caress your spirit. Flowing, yet powerful progression combines deep breathing with slow broad movements using the entire body. This class is designed to reduce stress while improving flexibility and balance. Will relieve stiffness associated with Fibromyalgia, Chronic fatigue, Parkinson's, & Arthritis.

**Aqua Waves** (advanced level) - A moderate intensity level class beginning with gentle range of motion exercises progressing to a 30-minute cardiovascular workout. Also focuses on increasing strength and improving posture and balance by using equipment and/or the water's natural resistance.

**Pilates** - This class uses concentration, control, and centering to increase overall strength and balance.

**Adult Swim** - Time designated for ADULTS ONLY to swim and exercise independently. **Children are not allowed in the pool or whirlpool area during these designated times.**

**\*\*\*DEEP H2O ARTHRITIS-HELD IN SPORT POOL: Check Sport Pool schedule for times.**

This deep water class is a combination of shallow and deep water activities. It is designed to provide a greater cardiovascular challenge for participants that are able to tolerate more than the Gentle Joints/Joints in Motion classes. **Flotation belt is required and provided. 45 minute class. Must be comfortable in DEEP water.**

**\*\* Meriter Therapy Hip and Knee Aquatic Class sign up required. Call 417-8025 to register.**

Swimming skills are not required.