

Monday		
1:00-5:30 am	Open Swim	
5:30-6:30 am	Deep H ₂ O*	Dianne
6:30-7:00 am	Open Swim	
7:00-8:00 am	Aqua Boot Camp*	Leslie
8:15-9:15 am	Deep H ₂ O *	Julie/Annette
9:30-10:30 am	H ₂ O Fun & Fitness	Patti
10:30-4:00 pm	Open Swim	
4:00-5:00	Swim Lessons	Closed
5:00-6:00 pm	Cardio/Sculpt	Kris/Joanne
6:00-7:00	Swim Lessons	Closed
7:00-11:00 pm	Open Swim	
11:00-1:00 am	Closed	Cleaning
Tuesday		
1:00-9:00 am	Open Swim	
9:00-10:00 am	H ₂ O Fun & Fitness	Patti
10:00-10:45 am	Open Swim	
10:45-11:30 am	Deep H ₂ O Arthritis*	Deb P
11:30-12:30 pm	Adult Swim	*****
12:30-5:00 pm	Open Swim	
4:00-5:00 pm	Swim Lessons	1/2 Pool
5:00-6:00 pm	Deep H ₂ O *	Kris
6:00-11:00 pm	Open Swim	
6:00-7:30 pm	Swim Lessons	1/2 Pool
11:00-1:00 am	Closed	Cleaning
Wednesday		
1:00-5:30 am	Open Swim	
5:30-6:30 am	Deep H ₂ O*	Kris
6:30-7:30 am	Open Swim	
7:30-8:30 am	H ₂ O Fun & Fitness*	Marie
9:00-10:00 am	Aqua Boot Camp*	Christine
10:00-4:00 pm	Open Swim	
4:00-5:00	Swim Lessons	Closed
5:00-6:00 pm	H ₂ O Fun & Fitness*	Sandy
6:00-7:00	Swim Lessons	Closed
7:00-11:00 pm	Open Swim	
11:00-1:00 am	Closed	Cleaning

Thursday		
1:00-9:00 am	Open Swim	
9:00-10:00 am	H ₂ O Fun & Fitness	Julie
10:00-10:45 am	Open Swim	
10:45-11:30 am	Deep H ₂ O Arthritis*	Julie
11:30-12:30 pm	Adult Swim	*****
12:30-4:15 pm	Open Swim	
4:15-5:30 pm	Swim Lessons	Closed
5:30-11:00 pm	Open Swim	
5:30-6:00 pm	Swim Lessons	1/2 Pool
6:00-6:45 pm	Pre/Post Natal Aqua Bootcamp \$	1/2 Pool
11:00-1:00 am	Closed	Cleaning
Friday		
1:00-5:30 am	Open Swim	
5:30-6:30 am	H ₂ O Fun & Fitness*	Dianne
6:30-7:00 am	Open Swim	
7:00-8:00 am	Aqua Boot Camp*	Leslie
8:30-9:30 am	Cardio/Sculpt	Kathy
9:30-10:30 am	Aqua Zumba	Trisha
10:30-11:00 pm	Open Swim	
11:00-1:00 am	Closed	Cleaning
Saturday		
1:00-7:15 am	Open Swim	
7:15-8:15 am	H ₂ O Fun & Fitness	Rotate
8:30-9:30 am	H ₂ O Fun & Fitness	Rotate
9:30-11:00 pm	Open Swim	
11:50-12:35 pm	Swim Lessons	1/2 Pool
11:00-1:00 am	Closed	Cleaning
Sunday		
1:00-8:30 am	Open Swim	
8:30-9:30 am	AquaRhythm*	Marie
9:30-11:00 pm	Open Swim	
4:15-5:45 pm	Swim Lessons	1/2 Pool
11:00-1:00 am	Closed	Cleaning

Pool Temp ~85° Length 64'

† Sign up required online at HarborAthletic.com. Follow the links to "Register for Classes" Mind/Body.

No Swimming other than class participation while class is in session.

*Denotes class held INSIDE, other classes may be held outside at instructor's discretion (until OUTDOOR pool closes for the season). Please check sign at front desk for location.

Sport Pool

Class Descriptions

AQUA BLAST A shallow water class that incorporates high intensity intervals with exercises to increase muscular endurance, while toning and strengthening various muscle groups. Expect a variety of moves each week... guaranteed to keep your heart rate elevated and your muscles activated!

AQUA BOOT CAMP Be ready for an all-out muscle-blasting experience. A more intense, demanding workout utilizing shallow and deep water. Emphasis on increasing cardiovascular endurance and strength.

AQUA RHYTHM Focus is on increasing cardiovascular endurance and maintaining good posture and body alignment while performing moves to the tempo of the music.

AQUA ZUMBA A great low-impact option for those who cannot do Zumba land classes due to joint issues. Enjoy choreographed movement to Latin rhythms in the water while increasing cardiovascular endurance!

CARDIO/SCULPT High energy shallow water class filled with a mixture of calorie burning and muscle strengthening exercises! This class uses a variety of resistance equipment for toning and strengthening along with "cardio" activities.

DEEP H₂O ARTHRITIS (45 min class) A deep water class designed to create a greater challenge to participants able to tolerate more activity than the standard Arthritis class format in the Warm Water Pool, with no impact to joints. **MUST BE COMFORTABLE EXERCISING** in DEEP H₂O with a flotation belt. Taught by Arthritis Foundation certified instructors..Physician's authorization form required for regular participation.

DEEP H₂O RUNNING Water running with a flotation belt in deep water is a great cardiovascular workout with a lot less stress on joints. This class will provide an excellent option for the beginning and advanced water exercise participant. Classes are easy to follow and are a great alternative for anyone looking for an aerobic workout while recovering from an injury

DEEP H₂O A moderate to high intensity workout in deep water using flotation belts. Increase your overall cardiovascular fitness and strength by performing a variety of moves with **NO** impact to the joints. A great class for runners/walkers who may want to cross-train.

H₂O FUN & FITNESS Have fun while you increase your overall fitness! This class provides cardiovascular, strength and toning exercises for all levels. Resistance equipment may be used to improve muscular strength and endurance, while doing shallow and deep H₂O activities.

AQUA INTERVALS Try this 45 minute class that is guaranteed to increase your cardiovascular endurance---combination of shallow and deep water interval training---basic moves/ exercises which are performed with alternating periods of 'work' and 'rest'. Be prepared to **MOVE!!** **WATER SHOES ARE HIGHLY RECOMMENDED.**

PRENATAL AQUAFIT A mix of shallow and deep water exercises for all levels. Experience the benefits

