

| Monday         |                                  |               |
|----------------|----------------------------------|---------------|
| 1:00-5:30 am   | Open Swim                        |               |
| 5:30-6:30 am   | Deep H <sub>2</sub> 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 <sub>2</sub> O *          | Julie/Annette |
| 9:30-10:30 am  | H <sub>2</sub> 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 <sub>2</sub> O Fun & Fitness   | Patti         |
| 10:00-10:45 am | Open Swim                        |               |
| 10:45-11:30 am | Deep H <sub>2</sub> 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 <sub>2</sub> 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 <sub>2</sub> O*           | Kris          |
| 6:30-7:30 am   | Open Swim                        |               |
| 7:30-8:30 am   | H <sub>2</sub> 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 <sub>2</sub> 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 <sub>2</sub> O Fun & Fitness   | Julie    |
| 10:00-10:45 am | Open Swim                        |          |
| 10:45-11:30 am | Deep H <sub>2</sub> 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 <sub>2</sub> 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 <sub>2</sub> O Fun & Fitness   | Rotate   |
| 8:30-9:30 am   | H <sub>2</sub> 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** Whoever said "You can't get a good workout in the water". Be ready for an all-out muscle-blasting experience. Intense, demanding workout in shallow and deep H<sub>2</sub>O.



**AQUA RHYTHM** Increase cardiovascular endurance by performing moves following the tempo of the music in shallow water, while focusing on body alignment.

**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 H<sub>2</sub>O ARTHRITIS (45 min class)** A deep water Arthritis class designed to offer a greater challenge to participants able to tolerate more activity than the standard Arthritis class format in the Warm Water Pool. **Must be comfortable exercising in Deep H<sub>2</sub>O with a flotation belt. Belt is required and provided.** Classes are taught by Arthritis Foundation Certified instructors. Physician's authorization form is required for regular participation.

**DEEP H<sub>2</sub>O 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 H<sub>2</sub>O** A high intensity workout in the deep water using flotation belts. Increase your physical fitness level by cross-training with the lowest possible level of impact. Some classes may use resistance equipment.

**H<sub>2</sub>O 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 H<sub>2</sub>O 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..

**PRE/POST NATAL AQUA BOOTCAMP** A mix of shallow and deep water exercises for all levels. Experience the benefits of exercise - less swelling and low impact - decreasing stress on your joints and pelvis. Suitable for any trimester. Outdoors weather permitting, otherwise indoors. **Register Online.**