



## Summer 2024 Pool Schedule | July 1 – August 23

Time	Mon	Tues	Wed	Thurs	Fri
8:00-8:30 am	<b>Water Works (8:00-9:00)</b>		<b>Water Works (8:00-9:00)</b>		<b>Water Works (8:00-9:00)</b>
8:30-9:00 am					
9:00-9:30 am	<b>Splash (9:00-10:00)</b>		<b>Splash (9:00-10:00)</b>		<b>Splash (9:00-10:00)</b>
9:30-10:00					
10:00-10:30 am	<b>Joint Venture (10:00-11:00)</b>		<b>Joint Venture (10:00-11:00)</b>		<b>Lap &amp; Leisure (10:00-11:00)</b>
10:30-11:00 am					
11:00-11:30 am					
11:30-12:00 pm					
12:00-12:30 pm	<b>Lap &amp; Leisure (12:00-1:00)</b>	<b>Lap &amp; Leisure (12:00-1:00)</b>	<b>Lap &amp; Leisure (12:00-12:30)</b>	<b>Lap &amp; Leisure (12:00-1:00)</b>	<b>Lap &amp; Leisure (12:00-1:00)</b>
1:00-2:00 pm					
2:00-3:00 pm					
3:00 – 4:00 pm					
4:00- 5:00 pm					
5:00-5:30 pm		<b>Lap &amp; Leisure (5:00-6:00)</b>		<b>Lap &amp; Leisure (5:00-6:00)</b>	
5:30-6:00 pm					
6:00-6:30 pm		<b>Joint Venture (6:00-7:00)</b>		<b>Joint Venture (6:00-7:00)</b>	

### **Adult Water Exercise Class Descriptions**

**Water Works:** A light 30-minute aerobic workout followed by muscle toning exercises in both the shallow and deep end.

**Splash:** A high-energy aerobic workout for over 30 minutes. Includes samples of HIIT (high intensity interval training) and Tabata. Toning exercises are done in the shallow and deep end.

**Joint Venture:** Develop muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation Guidelines.

## Summer 2024 Swim Lesson Schedule

Throughout the Summer we only offer Private Lessons. Children's group lessons, Waterbabies, Preschool with Parent, Preschool Swim, and Red Cross Swim lessons will return in the fall.

**Private Swim Lessons:** 30-minute lessons that meet for a six-week session.

Session Dates: July 8 – August 16

Registration Dates: June 17 – July 3

Member Price: \$84/six-week session

Not-yet Member Price: \$96/six-week session

### Lesson Schedule

Reserve your time at the front desk or call (607) 753 -9651.

Time	Monday	Wednesday
4:30 – 5:00 pm	Private Lesson	Private Lesson
5:00 – 5:30 pm	Private Lesson	Private Lesson
5:30 – 6:00 pm	Private Lesson	Private Lesson
6:00 – 6:30 pm	Private Lesson	Private Lesson

*\*This is just a schedule to show all offered times and does not reflect the current availability.\**

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