

## Pool Schedule

### May 1 - August 28, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lap &amp; Leisure</b> (7:30-8:30 am)		<b>Lap &amp; Leisure</b> (7:30-8:30 am)		<b>Lap &amp; Leisure</b> (7:30-8:30 am)
<b>Water Works</b> <i>With Meryl</i> (8:30-9:30 am)		<b>Water Works</b> <i>With Meryl</i> (8:30-9:30 am)		<b>Water Works</b> <i>With Meryl</i> (8:30-9:30 am)
<b>Splash</b> <i>With Meryl</i> (9:30-10:30 am)		<b>Splash</b> <i>With Meryl</i> (9:30-10:30 am)	<b>New! Tide &amp; Tone</b> <i>With Alice</i> (9:00-10:00 am)	<b>Splash</b> <i>With Meryl</i> (9:30- 10:30 am)
<b>Joint Venture</b> <i>With Meryl</i> (10:30-11:30 am)	<b>Water Waves</b> <i>With Betsy</i> (10:30-11:30 am)	<b>Joint Venture</b> <i>With Meryl</i> (10:30-11:30 am)		
<b>Lap &amp; Leisure</b> (11:30 am-12:30 pm)	<b>Lap &amp; Leisure</b> (11:30 am-12:30 pm)	<b>Lap &amp; Leisure</b> (11:30 am-12:30 pm)	<b>Lap &amp; Leisure</b> (11:30 am-12:30 pm)	<b>Lap &amp; Leisure</b> (11:30 am-12:30 pm)
	<b>Joint Venture</b> <i>With Meryl</i> (5:00-6:00 pm)		<b>Joint Venture</b> <i>With Meryl</i> (5:00-6:00 pm)	

\*Everything in the above schedule is included in water or combo packages. Refer to our Wellness Pricing sheet for current join fees and package rates.

Class descriptions are on the back →

## **Adult Water Exercise Class Descriptions**

**Joint Venture:** Develop muscular strength, endurance, balance, and coordination in a warm-water pool. Follows the Arthritis Foundation Guidelines.

**Lap & Leisure:** You can swim in our warm water with your friends or solo.

**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.

**Water Waves:** A medium intensity full body 30 - minute aerobic workout to music followed by muscle toning and a stretching warm down. Toning exercises are done either in the shallow and deep end.

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

**New! Tide & Tone:** A medium intensity class designed to strengthen the body using water resistance and stretching. Helps to improve balance, core strength, and overall muscle toning. Exercises will be taught in the shallow end of the pool and coordinated with equipment, noodles, dumbbells and without.