

# JCH WELLNESS CENTER LAP POOL AQUATICS

POOL CLOSSES AT 9:45 PM WINTER classes will be Mon Jan 2nd-April 1st

	MON.	TUES.	WED.	THURS.	FRI.	SAT./SUN.
5:00-6:00 am	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
6:00-7:00 am	AQUA HAPPY HOUR Bea	AQUA HAPPY HOUR Betsy	AQUA HAPPY HOUR Betsy	AQUA HAPPY HOUR Betsy	AQUA HAPPY HOUR Bea	
7:00-9:00 am	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
9:00-10:00 am	WATER BASKETBALL Jacqui	AQUA-FIT Cindy	WATER BASKETBALL Betsy	AQUA-FIT Becky	WATER BASKETBALL	AQUA ZUMBA 9:45-10:45am (Saturday)
10:10-11:00 am		AQUA ZUMBA Amy	Aqua Kickboxing Denise	AQUA ZUMBA Amy		
11:00-1:00 pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
4:00-5:00 pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
5:00-6:00 pm	<b>FAMILY SWIM</b>	SWIM LESSONS 5:40-6:20 pm			<b>FAMILY SWIM</b>	SATURDAY <b>FAMILY SWIM 2-4</b> POOL RENTALS 12:30-2 & 4-5:30
6:15-7:30 pm	AQUA ZUMBA Denise 6:15-7:15pm				POOL RENTALS 6-7:30 pm	SUNDAY <b>FAMILY SWIM 1-4</b> RENTALS 4-5:30

**FAMILY SWIM:** Bring your kids and come splash around. A lifeguard provides supervision in the lap pool. A parent must be present within the building.

**LAP SWIM:** *Only lap swimmers* are allowed in the pool during these times.

**AQUA HAPPY HOUR:** A low impact workout that is perfect for the beginner or joint sensitive individual. A great way to start the day!

**AQUA-FIT:** The complete water workout! Builds muscle, increases aerobic fitness, improves flexibility and helps control weight.

**AQUA ZUMBA:** A "pool party" workout for all ages. A class that is safe, effective and a challenging water based workout that integrates the ZUMBA formula and philosophy into traditional aqua fitness.

**AQUA KICKBOXING:** This class incorporates kickboxing drills using the waters resistance to develop muscle tone, flexibility and cardiovascular fitness.

**WATER BASKETBALL:** Water basketball is a fun and invigorating activity that brings out the kid in all. All ages welcome!

**\*Please note that during scheduled classes or lessons you are not allowed in the pool for free swim.**