



AQUATICS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30- 7:00	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Swim Team at 6:30
7:00-8:00	Lap/Open	Water Aero. Lap Swim	Lap/Open	Water Aero. Lap Swim	Lap/Open	Lap/Open	Swim Team
8:00-9:00	Lap/Open	Lap/Open	Arthritis Lap Swim	Lap/Open	Arthritis Lap Swim	Water Aero. Lap Swim	Swim Team
9:00-9:30	Lap/Open	Zumba Lap Swim	Zumba Lap Swim	Lap/Open	Zumba Lap Swim	Lap/Open	IPAP with Sue Lap Swim
9:30-10:00	Lap/Open	Zumba Lap Swim	Zumba Lap Swim	Water Aero. Lap Swim	Zumba Lap Swim	Water Aero. Lap Swim	Lessons/Lap Water Aero.
10:00-10:30	Lap/Open	Aqua Fit Lap Swim	Lap/Open	Water Aero. Lap Swim	Lap/Open	Water Aero. Lap Swim	Lessons/Lap Water Aero.
10:30-11:00	Lap/Open	Aqua Fit Lap Swim	10:45-11:45 Arthritis Lap Swim	Aqua Fit Lap Swim	10:45-11:45 Arthritis Lap Swim	Lap/Open	Lessons Lap Swim
11:00-12:00	Lap/Open	11:15-12:00 Aquatic Therapy Lap Swim	10:45-11:45 Arthritis Lap Swim	11:15-12:00 Aquatic Therapy Lap Swim	10:45-11:45 Arthritis Lap Swim	11:15-12:00 Aquatic Therapy Lap Swim	Lessons Lap Swim
12:00-1:00	Coach Joe Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
1:00-2:00	Coach Joe Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
2:00-3:00	Coach Joe Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
3:00-3:30	Stroke Clinic Lap/Open	Lap/Open	Swim Team	Lap/Open	Swim Team	Swim Team	Lap/Open
3:30-4:00	Stroke Clinic Lap/Open	Lap/Open	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open
4:00-5:00	Stroke Clinic Lap/Open	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open
5:00-6:00	Lap/Open	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open
6:00-6:45	CLOSED	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open
6:45-7:45	CLOSED	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open	Lap/Open
7:45-8:45	CLOSED	Swim Team	Swim Team	Swim Team	Swim Team	Lap/Open	CLOSED
8:45-9:45	CLOSED	Swim Team	CLOSED	Swim Team	CLOSED	Lap/Open	CLOSED



<p>Aqua Zumba: Low-impact, high-energy aquatic exercise. Instructors use Latin and international music beats for dance exercise and integrate them in a water-based workout. Get ready for a dance party... IN THE POOL!! All fitness levels welcome!</p>	<p>Water Aerobics: The focus is on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. The use of Aqua equipment such as dumb bells, noodles and jogging vests are incorporated to add versatility to the work out.</p>
<p>Arthritis Foundation Aquatics Program: A warm water exercise program for people with arthritis and related conditions. Participants engage in stretching, breathing, and light aerobic activities in a comfortable pool to improve flexibility, joint range of motion, endurance, strength, and well-being.</p>	<p>Aqua Fit: Utilization of all our resistance equipment. This class is designed to target all the core muscle groups focusing on increasing strength and mobility. You will learn the proper use of all aquatics fitness equipment and grasp and understanding of muscle groups and training.</p>
<p>Aquatic Movement-Therapy for Wellness: Designed for people limited by impaired joint rotation and/or strength. Practice exercises designed to improve muscle strength, coordination, endurance and ability to perform daily task.</p>	



Our Stingrays are a USA Level 2 sanctioned swim team that offers a guided age-group youth program for children age 6 and up, from the beginning swimmer to the most competitive and skilled swimmer. Swimmers in our program learn the values of sportsmanship, teamwork, and physical, emotional and intellectual skills that will last a lifetime. If interested in arranging a tryout contact feliz@cablespeed.com

All pool events are subject to change

Children under the age of 12 must be supervised by an adult at all times

Non-Toilet trained children are required to wear a swim diaper when in the pool

In the event of a thunderstorm, the pool/spa will close and re-open 30 minutes after the last lightning strike/thunder

Spa & Steam Room Hours: M-Th 5:30am-8pm, F 5:30am-10pm, Sat 7am-7:45pm, Sun 7am-6pm

Pool Rentals available: Friday 6:45-9:45, Saturday 1:45-6:45, and Sunday 10:30-3

Please contact us at (410)987-0980 or aquatics@SPRFC.com or visit us at SPRFC.com/aquatics