



August Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30- 7:00	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	CLOSED
7:00-8:00	Lap/Open	Wtr Aero.(3) Lap Swim	Lap/Open	Wtr Aero (3) Lap Swim	Lap/Open	Wtr Aero (3) Lap Swim	Lap/Open
8:00-9:00	Lap/Open	Lap/Open	Arthritis(3) Lap Swim	Lap/Open	Arthritis(3) Lap Swim	Lap Swim	Lap/Open
9:00-9:30	Lap/Open	Zumba(3)/ Lap	Zumba(3)/ Lap	Lap/Open	Zumba(3)/ Lap	Lap/Open	Lap/Open
9:30-10:00	Lap/Open	Zumba(3) Lap Swim	Zumba(3) Lap Swim	Wtr Aero (3) Lap Swim	Zumba(3) Lap Swim	Wtr Aero (3) Lap Swim	Lap swim Wtr Aero (3)
10:00-10:30	Lap/Open	Aqua Fit(3) Lap Swim	Lap/Open	Wtr Aero (3) Lap Swim	Lap/Open	Wtr Aero (3) Lap Swim	Lap swim Wtr Aero (3)
10:30-11:00	Lap/Open	Aqua Fit(3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Aqua Fit(3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Lap/Open	Lap /open
11:00-12:00	Lap/Open	Aquatic Therapy(3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Aquatic Therapy (3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Aquatic Therapy(3) Lap Swim	Lap/open
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 Swim SPRFC Camp(2)	Lap Swim SPRFC Camp(2)	Lap Swim SPRFC Camp(2)	Lap Swim SPRFC Camp(2)	Lap Swim SPRFC Camp(2)	Lap/Open
2:00-3:00	Coach Joe Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/openm	Lap/Open
3:00-3:30	Lap/Open	Lap/Open	Lap/open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
3:30-4:00	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
4:00-5:00	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
5:00-6:00	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
6:00-6:30	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
6:30-7:00	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
7:00-8:00	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open
8:00-9:00	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	CLOSED
9:00-9:30	CLOSED	Lap/Open	Lap/Open	Lap/Open	Lap/Open	Lap/Open	CLOSED

Note: Swim Team will be using 3 lanes of the pool on the following dates and times:

August 1 – 4:30-6pm August 2—4-5pm August 14-18—3:30-5pm



<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! Taught by Eduardo</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. 7:00am Mon/Friday Taught by Anna/ 9:30am Wednesday/Friday Taught by Denise</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. Taught by Anna Marie Thursday 10:45 Taught by Terri</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. Taught by Eduardo</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. Taught by John</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