

Aquatic Schedule

Effective November 7th, 2023
Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 am	Aqua Aerobics Maria	Aqua Motion Jill	Aqua Dynamics Cathy	Aqua Aerobics Cathy	Aqua Motion Jill	Aqua Aerobics Dawna (8:30-9:20)	
9:30 – 10:15	Aqua Motion Annette	Aqua Aerobics Erika	Aqua Zumba Jill (10:00 – 10:45)	Aqua Motion Erika	Aqua Aerobics Maria	Aqua Dynamics Dawna (9:25-10:15)	
11:00 – 11:45			MS Aqua Tom		MS Aqua Fred		
11:00 – 1:00 pm							*Family Swim
12:00-1:30 pm						**Owls Swim Team	
4:30 – 5:15			Aqua Aerobics Dawna				
5:30 – 6:15	Aqua Dynamics Margie						
6:00 – 6:45 pm		Aqua Dynamics Erika		Aqua Aerobics Maria			

Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00	Senior Aqua Erika		Senior Aqua Tom				
10:15 – 11:00				Arthritis Aqua / Tom	Senior Aqua Jill		
10:45 – 11:30	Wet Program Jill		Wet Program Jill (10:50-11:35)				
12:00-12:45 pm	Wet Program Maria		Wet Program Maria		Wet Program Maria		
12:30 – 1:15		Wet Program Erika		Wet Program Erika			
7:00 – 7:45 pm		Arthritis Aqua Erika		Wet Program Maria			

➤ **Attention Swimmers: *One lap lane* available during Aqua classes**

***2nd & 4th Sundays only based on lifeguard availability, please see front desk for policies and dates.**

****Owls Swim Team - 12/2-3/2/24 - 1st lane available only - No session on 12/23 & 1/27/24**

➤ **Birthday Swim Parties held on Saturdays & Sundays between Hours of 1:00-5:00 p.m. Please check front desk for schedule.**

Aquatic Schedule available online at www.OPHFC.com

Lap Pool Class Descriptions

Aqua Aerobics (All): Put the water resistance to work for you during this high-energy cardiovascular workout. The class concludes with strengthening exercises and a stretch.

Aqua Dynamics (Int. Adv.): a variety of unique movements will be incorporated into this class to work your muscles and keep your heart pumping.

Aqua Motion (All): This class targets all aspects of physical fitness through movement in the water. Creative cardiovascular work will be combined with water resistive training to tone and firm the whole body!

Aqua Zumba® (All): Perfect for those looking to make a splash by adding low impact high-energy aquatic exercise to your fitness routine. Less impact on joints, water creates natural resistance, which means every step is more challenging and helps tone your muscles! Join us for this fun new cardio aqua class!

Family Swim: Enjoy free time in the lap pool while you and your family (ages 6 months and up) can play games, relax, and spend quality time together. A lifeguard will be on duty. Children must be accompanied by their parent(s) and infants must have water diapers on. Please use family changing rooms.

***Multiple Sclerosis Aquatics:** this class is designed for individuals with MS. Participants will achieve improvements in muscular strength, balance, coordination, and an increase in circulation. Water exercises help to reduce spasticity, and maintain or improve joint flexibility and range of motion. Held in lap pool and led by Instructors trained through National Multiple Sclerosis Society.

Water Works (Beg. Int.): This 50 minute water class makes the most of the waters resistive qualities. This low impact workout is perfect for the fit, pregnant or joint sensitive individual.

Therapy Pool Class Descriptions

Arthritis Aquatics: This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or surgery. Class will consist of low intensity exercises emphasizing range of motion with the aid of the waters buoyancy and resistance. Exercises designed by the NAF and are led by Certified Instructors.

Senior Aqua: This class will focus on light cardiovascular conditioning, along with basic aquatic toning Exercises, equipment will be used. This 45-minute program is a great option for those who are ready for a more challenging workout!

Wet Program (Water Exercise Therapy): Taught by a Certified Aquatic Instructor, this class is ideal for those with arthritis, joint replacement, fibromyalgia, Chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strengthen muscles and joints.

***Pre-registration required at Member Service Desk. New Participants must meet with Instructor prior to first Class.708-226-0555**