



LAP POOL SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00-5:30	Open Swim	Jets Practice (Closed)	Masters Swim \$\$	Jets Practice (Closed)	Masters Swim \$\$	Open Swim	Open Swim				
5:30-6:00											
6:00-6:30											
6:30-7:00											
7:00-7:30											
7:30-8:00											
8:00-8:30											
8:30-9:00											
9:00-9:30											
9:30-10:00	Kara's H2O Mash-up	Water Works	Kara's H2O Mash-up	Liquid Gym	Aqua Boot Camp	Open Swim & Possible PSL	Open Swim				
10:00-10:30											
10:30-11:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim						
11:00-11:30											
11:30-12:00											
12:00-12:30								Masters Swim \$\$			
12:30-1:00											
1:00-1:30											
1:30-2:00											
2:00-2:30											
2:30-3:00						Open Swim	Possible PSL (3-6:30)	Open Swim	Open Swim	Open Swim	
3:00-3:30											
3:30-4:00											
4:00-4:30											
4:30-5:00	Jets Practice (Lane 2, 3 & 4)	Jets Practice (Lane 2, 3 & 4)	Jets Practice (Lane 2, 3 & 4)	Jets Practice (Lane 2, 3 & 4)							
5:00-5:30	Private Swim Lessons (Lane 1)	Private Swim Lessons (Lane 1)	Private Swim Lessons (Lane 1)	Private Swim Lessons (Lane 1)							
5:30-6:00	PSL	Aqua Sprint	Masters Swim \$\$	Aqua Fit	Jets Practice (Closed)						Open Swim
6:00-6:30											
6:30-7:00	Jets Practice at 6:45pm (Closed)	Jets Practice at 6:45pm (Closed)	Jets Practice at 6:45pm (Closed)	Jets Practice at 6:45pm (Closed)							
7:00-7:30											
7:30-8:00											
8:00-8:30											
8:30-9:00	Open Swim	Open Swim	Open Swim	Open Swim							
9:00-9:30											
9:30-10:00											

\$\$ have a fee for the class
 PSL: Private Swim Lesson times

- Aqua Boot Camp:** A one hour circuit class that involves water aerobics and water exercise equipment. Participants will be given a variety of exercises to be done in the lap pool at your own pace & your own intensity.
- Aqua Fit:** An evening class that focuses on strength movements and toning exercises utilizing water dumbbells, barbells and noodles.
- Aqua Sprint:** Utilizing the entire length of the pool, participants will jog, walk & perform various water aerobic exercises. Some water exercise equipment may be used depending on the activity given.
- Deep Water Exercise:** Held in lane #4 of the lap pool that is 5.0 feet deep. Water aerobic movements focusing on balance and strength. Using an aqua jogger belt, you will experience the multi-directional resistance of the water in a non-impact environment. *This class is for individuals comfortable in deeper water.*
- Kara's H2O Mash-up:** This one hour class will be a combination of aerobics and strength training. We utilize various exercise equipment for a total body workout!
- Liquid Gym:** Utilizing the entire length of the pool, participants will jog, walk & perform various water aerobic exercises. Some water exercise equipment may be used depending on the activity given.
- Masters Swim:** Jets Aquatic Club will hold Master Swim classes instructed by Jets US Swimming certified coaches. Whether you are a triathlete, competitive swimmer or enjoy the overall fitness training level.
- Train for your Tri:** Participating in our Indoor Tri in March 7th? There will be an instructor to help you with your stroke technique & endurance in order to complete the 300 meter swim portion of the Tri.
- PSL:** It will be possible that a private swim lesson may take place in the Lap Pool during the hours of 4:00-8:00pm on M-F. at all times. Saturday & Sunday swim lessons will vary throughout the weekend.
- Water Works:** You will boost your overall fitness with this cardio class using a combination of water aerobics, lap jogging, water weights and noodles with light stretching at the end of class.