



WINTER & SPRING 2012 STARTS (1/1/12)

INDOOR SWIMMING POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sun.
5:00	Masters Swim		Masters Swim		Masters Swim		
6:00	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	
7:00	Deep and Shallow Water Exercise	Circuit Training in the Pool	Deep and Shallow Water Exercise	Circuit Training in the Pool	Deep and Shallow Water Exercise	GPAC	
8:00	Deep Water Aerobics	Aerobic/Master Swimming & Deep Water Aerobics	Deep Water Aerobics	Aerobic/Master Swimming & Deep Water Aerobics	Deep Water Aerobics	GPAC	
9:15	Shallow Water Aerobics		Shallow Water Aerobics		Shallow Water Aerobics		
10:00							
11:00							
12:00							
1:00							
2:00	GPAC	GPAC	GPAC	GPAC			
3:40	Group Swimming & Private Lessons & GPAC	GPAC	Group Swimming Lessons, Junior Lifeguarding & GPAC	GPAC & Private Lessons	GPAC		
4:15	Group Swimming & Private Lessons & GPAC	GPAC	Group Swimming Lessons, Junior Lifeguarding & GPAC	GPAC & Private Lessons			
5:00	Private Lessons & GPAC	GPAC	Private Lessons & GPAC	GPAC	GPAC		
5:15	GPAC	GPAC	GPAC	GPAC			
5:30	GPAC & Warm Water Exercise in Therapy pool	GPAC & Deep Water Aerobics & GPAC & Aqua Tai Chi in Therapy Pool	GPAC & Warm Water Exercise in Therapy Pool	Deep Water Aerobics & GPAC & Aqua Tai Chi in Therapy Pool	5:15-Warm Water Exercise in Therapy Pool		
6:30							

*Times and schedule changes may happen without notice, GPAC practice time is adjusted when there is NO SCHOOL...please watch Aquatics Bulletin Board for information **Dark shaded times are VERY congested.

CLASS DESCRIPTIONS

Water Aerobics Classes

7:00 AM Monday, Wednesday, and Friday – Water Exercise - A 60 minute shallow water class with approximately 30 to 35 minutes of cardio emphasis. While taught as a shallow class, about half of the participants do the class while wearing a belt in the deep water to reduce impact. For any men out there who are looking for a class with other men, there are lots of couples that attend this class. Come and try it out!

7:00 AM Tuesdays and Thursdays – Circuit Training – A 60 minute class that has a short warm up and then an intense 50 minute circuit training section with lots of equipment use. This is an excellent class for anyone who is looking to cross train with limited impact or new or seasoned water aerobics participants.

8:00 AM Monday, Tuesday, Wednesday, Thursday, and Friday - Deep Water Aerobics - A 60 minute deep water class that includes 25 to 30 minutes of cardio emphasis. All of the aerobic portions of the class is done in deep water using a belt for flotation. This greatly decreases the amount of impact on the joints and is great for those with joint issues, but it also provides a fantastic full body workout for participants of any age.

9:15 AM Monday, Wednesday, and Friday - Shallow Water Aerobics - A 60 minute class taught in the shallow water. This class has approximately 35 minutes of cardio emphasis and includes full body toning.

5:30PM Monday and Wednesdays and 5:15PM on Fridays – Warm Water Exercise – A 45 minute class taught in our therapy pool. This class is fantastic for those plagued with injuries or need a warmer pool to be comfortable for exercise. Small additional fee of \$15 is required. The fee includes Warm Water and Aqua Tai Chi classes.

5:30 PM Tuesday and Thursday – Deep Water Aerobics – A 45 minute class that includes a short warm-up, about 25-30 minutes of aerobics, some toning and a stretching section.

5:30 PM Tuesday and Thursday – Aqua Tai Chi – A 45 minute class taught in our therapy pool. A wonderful stretching and breathing experience. A small \$15 additional fee per month is required. The fee includes Aqua Tai Chi and Warm Water Classes.

Aerobic Swimming/Master's Swimming

8:00 AM Tuesday and Thursday – Aerobic Swimming - A 60 minute class for swimmers of all abilities to improve strokes and cardiovascular endurance. The swimmer must be able to swim 25 continuous yards (not for non-swimmers). A master's workout is also presented for more accomplished swimmers.

Master's Swimming

This is a 60 minute class. Adults of varying ability levels meet to train. A 2000-3500 yard swim is accomplished. Times are Monday, Wednesday, and Friday at 5:00am.

Swim Team

The Club now is a part of the Greater Pensacola Aquatics Club (GPAC). For more information on the swim team contact the front desk, call the Aquatics phone line at the Club at 916-SWIM (7946), or check out their website...www.gpacswimteam.org

Swimming Lessons

Children's Lessons

Group Swimming lessons are available for children starting at age 3. Group lessons meet on Monday and Wednesdays from 3:40-4:10 PM OR 4:15-4:45 PM. Registration forms are at the front desk or by logging on to our website at www.theclubfamilysports.com. (Parent and Child Classes for ages 6-36 months are offered at 5:00pm.) Lessons break from mid-Nov to just after the New Year's holiday.

Private Lessons

Private Swimming Lessons are always available. We have fantastic instructors for all levels (infants to adults). For more information contact the front desk or call the Aquatics line at the Club 916-SWIM (7946) ex. 5

*The outdoor pool is set for long course swimming (50 meters = 1 length) most of the time. There are 1600 meters in 1 mile. Therefore, 32 lengths or 16 laps = 1 mile **The indoor pool is 25 yards long. There are 1760 yards in 1 mile. Therefore approx. 70 lengths or 35 laps = 1 mile.

Group Lessons: Lessons meet on Mondays and Wednesdays. Times: 3:40 and 4:15 p.m. Junior Lifeguarding meets Wednesdays from 3:30-4:30

Sessions: 8/29-10/5, 10/10-11/16, 1/9-2/15, 2/27-4/11, 4/23-5/23 Be Advised: No School in Santa Rosa County, No group lessons.

Parent & Child Classes are at 5:00PM ONLY.

Please call the Aquatics office or stop by the Aquatics Bulletin Board for more information on specific classes or any questions.