

# Lap Pool & Warm Water Therapy Pool Schedule

Wednesday, September 6 - Sunday, October 8, 2017

## Lindenhurst Health & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 9:50a Arthritis Janice	9:15 - 10:15a Deep Circuit H2O Diane W.	9:00 - 9:50a Arthritis Elaine	9:15 - 10:15a H2O Bootcamp Tracey	9:00 - 9:50a Arthritis Diane W.	8:30 - 9:15a H2O Bootcamp Diane A./ Amy P./ Cheryl
9:15 - 10:15a H2O Bootcamp Tracey	2:00 - 3:00p Adult Swim ONLY	9:15 - 10:15a H2O Bootcamp Instructor Rotation	10:15 - 11:00a NEW YoPiChi L Janice	9:30 - 10:30a AquaFit Sue K.	9:00 - 9:50a Arthritis Mary
10:30 - 11:15a Water Walking L Diane W.	2:00 - 5:30p Physical Therapy	10:00 - 11:00a H2O YoPi L Elaine	1:00 - 1:50p Arthritis Tracey	10:30 - 11:15a Water Walking Diane W.	10:00 - 11:00a YoPiChi L Elaine
11:15a - 12:15p AquaFit Diane W.	5:30 - 6:20p H2O HIIT Training Lory	1:00 - 1:50p Arthritis Sue K.	2:00 - 3:00p Adult Swim ONLY	11:15a - 12:15a Aqua Tone L Diane W.	10:30a - 12:00p Swim Lessons
1:00 - 1:50p Arthritis Diane W.	5:30 - 6:20p Arthritis Mary	2:00 - 3:00p Adult Swim ONLY	2:00 - 5:00p Physical Therapy	2:00 - 3:00p Adult Swim ONLY	
2:00 - 3:00p Adult Swim ONLY		2:00 - 2:50p Arthritis Tracey	6:00 - 6:50p Arthritis/Fibro Combo class Mary	2:00 - 5:00p Physical Therapy	
4:00 - 5:30p Swim Lessons		4:00 - 5:30p Swim Lessons			
6:00 - 6:45p Ai Chi L Mary		6:05 - 7:20p Aqua Fusion Sue K./ Diane W.			

### L Workouts on the lighter side

Classes labeled with a "L" next to the class name are great options for beginners and/or those looking for a non-impact, low intensity workout. **Ai Chi**, **Aqua Yoga**, **H2O YoPi**, **Water Walking**, **Aqua Tone**

**AI CHI** – Similar to Tai Chi and performed in the Warm Water Therapy pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience deep relaxation to ease the mind.

**AQUA TONE** – Focus on using water equipment such as noodles, water barbells, and tubing to build muscular strength using the water's resistance. Water shoes are recommended.

**H2O YoPi** – A combination of core conditioning exercises and yoga strengthening to train the muscles and relax the mind.

**WATER WALKING** – Did you know 30 minutes of water walking equals to two hours of land walking? The water provides continuous resistance to every move you make, therefore, burning calories and building strength. Water shoes recommended.

**YOPICHI** – A beneficial blend of Yoga, Pilates and Ai Chi to strengthen the core, increase joint range of motion and relax the mind. Class is held in the warm water therapy pool.

### Pool Rules and Regulations

- Please shower before entering the pool.
- Registration is required for: Swim lessons, Arthritis/ Fibromyalgia and P.A.C.E.
- P.A.C.E. Held in the Multi-purpose room 1st floor.
- Adults please feel free to utilize the main locker room upstairs; robes are available at the front desk when you check in for your convenience.
- The warm water therapy pool is available for members and guests ages 16 and older to use outside of group exercise classes.
- Opposite gender parent/participants only in the family locker rooms.
- Same gender parent/participants only in gender specific locker areas.
- Family swim is available to LHHFC members and is included with monthly dependent membership
- Membership or daily guest fee is required.

### Supervised Swim Times:

Tuesday	3:30 - 5:30 p.m.
Friday	6:00 - 8:00 p.m.
Saturday	12:00 - 2:00 p.m.
Sunday	12:00 - 2:00 p.m.

■ = The lap pool will be unavailable while group lessons are in session with the exception of swim lessons on Monday and Wednesdays at 4:00 p.m. 1 Lap lane will be available.

■ = Classes highlighted in purple are held in the warm water therapy pool

Two lap lanes will be available during the Tuesday & Thursday 11:00am – 12:30pm Group swim lessons.

During the first morning group exercise lap pool classes throughout the week, only one lap lane will be available for free swim due to the large number of class participants.

**AQUA FIT** – This multi-level water workout is easy on the joints while providing the benefits of a mid-to-high intensity cardiovascular water workout. Some strength exercises may be included. Water shoes are recommended but not required.

**AQUA FUSION** – This class will provide a combination water workout. First Hour of class is held in the lap pool for a mid-high intensity cardio workout. Then head over to the warm water pool to stretch for the last 20 minutes to decrease muscle stiffness and increase flexibility.

**ARTHRITIS WARM WATER WORKOUT** – Arthritis and Arthritis/Fibro combo class: Exercises performed in the \*warm water therapy pool\* will help to increase joint range of motion and help to reduce pain and stiffness. Classes are held in 12-week sessions and are available to non-members for an additional fee. Register at the Front Desk.

**DEEP CIRCUIT H2O** – A powerful aquatic circuit workout held in the deep water portion of the lap pool which is 5 ft. Aquabelts and noodles will be used to keep you suspended in the water during your workout.

**H2O BOOTCAMP** – A high intensity water workout featuring interval training, longer cardio segments and equipment assisted strength exercises.

**H2O HIIT Training** – High Intensity Interval training workout alternating cardio and resistance training segments for a challenging full body workout to increase strength and stamina.

**WARM WATER TONE & STRETCH** – Muscular endurance and strength exercises performed in the warm water therapy pool using various pieces of aquatic resistance equipment.