

Child Care Hours - **Parent/Guardian must remain on premise.**

Monday - Friday 8:15am to 12:15pm

Monday, Tuesday, Thursday 4:15pm to 8:30pm

Wednesday 4:15pm - 7:30pm

Friday 4:15pm to 6:45pm

Saturday 8:30am - 11:30am

Cost is \$2 per child per hour (**2 hour Maximum per day**) or \$10 per month for the first child and \$5 per month for each additional child.

Please rinse off in the shower before entering pool.

March 2020 Aquatic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:00am to 9:00am	Adult Swim No Lifeguard On Duty	Adult Swim No Lifeguard On Duty	Adult Swim No Lifeguard On Duty	Adult Swim No Lifeguard On Duty	Adult Swim No Lifeguard On Duty	
5:30am to 7:30am	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	
6:00am to 7:00am	Aqua Boot Camp Cheryl	Aqua Flex & Stretch Cheryl	Aqua Boot Camp Cheryl		Aqua Boot Camp Cheryl	
7:00am to 9:00am						Saturday **Arkansas Dolphins Swim Team
9:00am to 9:55am	Splash Fit Kim	Aqua Fit Lisa	Aqua Fit Kim	Aqua Fit Lisa	Splash Fit Lisa	Saturday 3/7 Aqua Fit - Leslie 3/14 Aqua Dance PLUS - Alissa N 3/21 Aqua Dance PLUS - Alissa N 3/28 H₂O HIIT - Alyssa M
10:00am to 10:55am	Aqua Fit Kim	Aqua Arthritis Lisa	Aqua Fit Kim	Aqua Arthritis Lisa	Aqua Fit Lisa	
11:00am to 11:55am	H.E.A.T. Kristy M	Dance Wave Kristy M	H₂O HIIT Alyssa M	H.E.A.T. Kristy M	Aqua Dance Alyssa M	
2:00pm to 4:00pm	CHS Swim Team	CHS Swim Team	CHS Swim Team	CHS Swim Team	CHS Swim Team	
4:00pm to 6:45pm	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	**Arkansas Dolphins Swim Team	
4:15pm to 5:10pm	Aqua Fit Leslie		Aqua Fit Kim			
5:30pm to 6:00pm		Parent & Tot		Parent & Tot		
6:15pm to 6:45pm	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons		
7:00pm to 8:00pm	Aqua Fit Kim	Aqua Dance Rita		Aqua Fit Kim		

Group Fitness Classes Subject to Change and/or Cancellation. No Audio or Video Recording Without Express Permission

**Arkansas Dolphins Swim Team practices. Morning will be in max of 4 lanes and evening will leave at least 1 lane open.

Aquatic Class Descriptions 2020

Water shoes are recommended but not required

***BRING A WATER BOTTLE TO STAY HYDRATED DURING**

AQUA EXERCISE CLASSES!

Aqua Arthritis - The Arthritis Foundation Aquatics class is designed for those who have been diagnosed with Arthritis, or anyone that is experiencing aches and pains in their muscles and joints. This class is designed without the stress of other alternatives, such as land exercise. The ability to swim is not required. Instructor will match routines to each individual fitness level

Aqua Boot Camp - Splash your way to an intense full body workout that will tone your muscles and increase your cardio endurance. This is a high intensity strength and cardio class that is easy on the joints because it is held in the pool. No swimming skills required.

Aqua Dance - This class incorporates rhythmic movements and aqua exercises with a focus on strength, balance, and group exercise activities. Come work out to a great variety of music styles. There is something fun for everyone in Aqua Dance. No swimming skills required, for all fitness levels.

Aqua Dance PLUS - This class incorporates rhythmic movements and aqua exercises using water equipment such as noodles and aqua dumbbells with a focus on strength, balance, and group exercise activities. Come work out to a great variety of music styles. There is something fun for everyone in Aqua Dance Plus. No swimming skills required.

Aqua Fit - This class is designed for those who want a whole body aerobic and strength training workout without strain on your joints and back. Water aerobics is a great combination of fun and exercise. Exercises will be modified depending on your level of fitness. No swimming ability is required.

Aqua Flex and Stretch - A total body workout in the pool. Strengthen muscles, strengthen your core, improve balance and flexibility all in one fun hour! Emphasis on proper form will make the best use of your time. No swimming skills required.

Dance Wave - Come make a splash and burn calories without realizing it! Dance Wave offers a music led workout to a variety of music styles while you shake & shimmy your way to improved cardio & muscle endurance. No swimming ability required, for all fitness levels.

H₂O HIIT - Elevate your workout with this water-based fitness class that promises to get your heart pumping and calories torched. Designed for maximum calorie burn using cardio intervals that will improve your heart and lung function, and the water's natural resistance to tone those muscles. Leave class feeling accomplished and successful and ready to tackle the day ahead of you. This class will utilize a myriad of aqua equipment such as aqua dumbbells, push plates, noodles, etc. Exercises can be modified for ALL fitness abilities. NO swimming is required.

H.E.A.T (High Energy Aquatic Training) - Push yourself to YOUR limit with interval style training, resistance training and more! Exercises can be modified to meet all fitness abilities. No swimming is required. Come feel the HEAT!

Splash Fit - Splash Fit offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. Aquatic fitness tools are used to develop strength, balance and coordination. No swimming ability is required.