

NICEVILLE WINTER POOL SCHEDULE - Effective January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 7:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED	CLOSED
7:00 – 8:00 am	Water Aero. Shallow	Water Aero. Shallow	Water Aero. Shallow	Water Aero. Shallow	Water Aero. Shallow	CLOSED	CLOSED
8:00 – 9:00 am	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Swim Lessons	CLOSED
9:00 – 10:00 am	Water Aero. Shallow	Water Aero. Deep	Water Aero. Shallow	Water Aero. Deep	Water Aero. Shallow	Swim Lessons	CLOSED
10:00 – 11:00 am	Free Swim	Free Swim	Water Aero. Deep	Free Swim	Free Swim	Swim Lessons	CLOSED
11:00 – 12:00 am	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED
12:00 – 1:00 pm	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED
1:00 -2:00 pm	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	Free Swim	CLOSED
2:00 – 3:00 pm	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	Free Swim	CLOSED
3:00 – 4:00 pm	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	CLOSED Twin Cities	CLOSED Day Camp	Free Swim	CLOSED
4:00 – 5:00 pm	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED
5:00 – 6:00 pm	Water Aero Shallow	Free Swim	Water Aero Shallow	Free Swim	Free Swim	CLOSED	CLOSED
6:00 – 7:00 pm	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED	CLOSED
7:00 – 8:00 pm	Free Swim	Free Swim	Free Swim	Free Swim	CLOSED	CLOSED	CLOSED

**** Recreational swim available during open time slots.**
**** At least one lap lane available at all times for swim.**
***** SCHEDULE SUBJECT TO CHANGE**

Aquacise Fall Schedule



Monday	7:00 – 8:00 am	Water Aerobics – Shallow Water
	9:00 – 10:00 am	Water Aerobics – Shallow Water
	5:00 – 6:00 pm	Water Aerobics – Shallow Water
Tuesday	7:00 – 8:00 am	Water Aerobics – Shallow Water
	9:00 – 10:00 am	Water Aerobics – Deep Water
Wednesday	7:00 – 8:00 am	Water Aerobics – Shallow Water
	9:00 – 10:00 am	Water Aerobics – Shallow Water
	10:00 – 11:00 am	Water Aerobics – Deep Water
	5:00 – 6:00 pm	Water Aerobics – Shallow Water
Thursday	7:00 – 8:00 am	Water Aerobics – Shallow Water
	9:00 – 10:00 am	Water Aerobics – Deep Water
Friday	7:00 – 8:00 am	Water Aerobics – Shallow Water
	9:00 – 10:00 am	Water Aerobics – Shallow Water

DESCRIPTION OF CLASSES

Aquacise - A safe and effective aerobic workout in shallow water using the water's buoyancy to cushion movements, and prevent injury. This class is suitable for all ages and all levels.

Aquacise I - An upbeat cardio workout with toning and some deep water. This class can be modified for non-swimmers.

Aquacise II - Similar to the Aqua I class, but with heightened intensity.

Deep Water Jogging – A great class for all fitness levels. Takes place in the deep end of the pool and uses noodles and hand buoys. A total body workout with no stress on joints and bones.