



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Niceville Winter/Spring Pool Schedule – Effective February 14, 2011

Aquatic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed	Closed
7:00-8:00	Water Aerobics <u>Shallow</u> Trish	Water Aerobics <u>Shallow</u> Trish	Water Aerobics <u>Shallow</u> Trish	Water Aerobics <u>Shallow</u> Trish	Water Aerobics <u>Shallow</u> Parrish	Closed	Closed
8:00-9:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
9:00-10:00	Water Aerobics <u>Shallow</u> Trish	Water Aerobics <u>Deep</u> Traci	Water Aerobics <u>Shallow</u> Traci	Water Aerobics <u>Deep</u> Traci	Water Aerobics <u>Shallow</u> Parrish	Swim Lessons	Closed
10:00-11:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
11:00-12:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
12:00-1:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
1:00-1:30	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
1:30-3:30	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
3:30-4:30	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Closed
4:30-5:00	Free Swim & Swim Lessons	Free Swim & Swim Lessons	Free Swim & Swim Lessons	Free Swim & Swim Lessons	Free Swim	Free Swim	Closed
5:00-6:00	Water Aerobics <u>Shallow</u> Trish	Free Swim	Water Aerobics <u>Shallow</u> Vicki	Free Swim	Free Swim	Closed	Closed
6:00-8:00	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim (Pool Closed at 7)	Closed	Closed

**Recreational swim available during open time slots.

**At least one lap lane available for swim

***SCHEDULE SUBJECT TO CHANGE



Aquacise Fall Schedule

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

