

Fall 2016 Aquatic Schedule

August 21, 2016 – December 21, 2016

	Lap Swim (One or more lanes available)	Open Plunge*** Lap Pool Leisure Pool		Deep Water Aerobics	Shallow Water Aerobics	Senior Aerobics	Fitness Swimming
Mon	5-6am 6-7am (one lane) 10am-12pm (one lane) 12-3 7-10pm (one lane)	7-8pm	5-9 am Adult's only 10-12n *Parent & Child Water Play 3:30-5:20pm 7-9 pm	6-7 am 9-10 am 8-9 pm	9-10 pm	7-8 am 8-9 am	5-6am
Tues	5-9 am 11am-12pm (one lane) 12-3pm 7-9pm (one lane) 9-10:30p	7-8 pm	5-9 am Adult's only 3:30-9 pm	9-10am	6-7am 6-7 pm 8-9pm	10-11 am	9-10:30pm
Weds	5-6am 6-7am (one lane) 10am-12 (one lane) 12-3 7-10pm (one lane)	7-8 pm	5-9 am Adult's only 10-12n *Parent & Child Water Play 3:30-5:20pm 7-9 pm	6-7 am 9-10 am 8-9 pm	9-10 pm	7-8 am 8-9 am	5-6am
Thurs	5-9 am 11am -12pm (one lane) 12-3pm 7-9pm (one lane) 9-10:30p	7-8 pm	5-9 am Adult's only 3:30-9 pm	9-10 am 8-9 pm	6-7am 6-7 pm	10-11 am	9-10:30pm
Fri	5-6 am 6-7 (one lane) 10:30am-3pm 6-7pm (one lane)	6-7 pm	5-9 am Adult's only 10-12n *Parent & Child Water Play 3:30-7pm	9-10:30am	6-7am	7-8 am 8-9 am	5-6am
Sat	7-8 am 8-9am (one lane) 9-11am 11-3p (one lane)	11-7 pm	8-11am Adult's Only 11-7 pm	8-9 am			
Sun	12-5pm (one lane)	12-5pm	12-5pm				

*The water play structure will be open for children 8 and under accompanied by an adult in the water.

***During open plunge there will be a 7-10 minute rest room break every hour.

Schedule will vary on holidays. Please check with front desk for holiday hours.

The Clearfield Aquatic Center reserves the right to change the hours listed above.

The Utah State Health Code requires all children under age 3 to wear a swim diaper and waterproof pants.

Swim diapers and waterproof pants are available for purchase at the front desk.

Fall Water Aerobic Schedule

Effective August 21 – December 21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Power H2O Deep Tori	Lazy River Challenge-Shallow Joy	Deep Cardio Intervals Dee	Lazy River Challenge- Shallow Joy	Aqua Zumba® Shallow Paulette	
7:00 am	S.A.F.E-Shallow Joy		S.A.F.E-Shallow Corina		Fun & Fitness Shallow Joy	
8:00 am	Slow & Easy Shallow Rebecca		Slow & Easy Shallow Rebecca		SilverSplash Corina	The Water Experience Clarissa/Sharilyn
9:00 am	Deep Water Rebecca	Aqua Motivation Deep Cindy	Water Blast-Deep Clarissa	Aqua Motivation Deep Rebecca	CAC 90X Wet Interval Ann	
10:00 am		Arthritis Cindy		Arthritis Cindy		
6:00 pm		Liquid Moves-Shallow Sharilyn		Aqua Zumba® Shallow Paulette		
8:00 pm	Power H2O Deep Brittany	Aqua Zumba® Shallow Paulette	Power H2O Deep Wendy	Power H2O Deep Jenni		
9:00 pm	Aqua Fit-Shallow Becky		Aqua Fit-Shallow Becky			

Schedule subject to change

Deep Water Aerobics: Do you want a great low-impact, fat-burning workout? The only way to describe this water workout is “fun.” Everyone who takes a dip in the deep loves this unique experience. This course is designed to introduce the enthusiast, as well as the “want to be” enthusiast, to the marvels of deep conditioning. Participants wear deep water belts especially designed to keep them afloat in the deep water. Experience innovative cardiovascular exercises performed with no impact on the body.

Liquid Moves: Experience a unique aquatic workout! This class offers aquatic moves to help increase muscular strength, flexibility, and cardiovascular endurance in a different format than the traditional water aerobics class. It’s an amazing all-over conditioning experience with no jarring impact on the joints. Check it out for a change of pace and a great workout.

Aqua-Fit: A powerful water workout that will help you unwind as you work against the water’s resistance to increase cardio fitness, improve strength and flexibility, and sculpt all the major muscle groups. Burn those extra calories and then stretch out and let your worries float away. *Try it! It’s a great way to end your day.* (Aqua socks/shoes recommended)

Senior Aquatic Fitness Enthusiasts!! S.A.F.E. :

This water aerobics class is specially designed for the person over 50 years old, however, it is open to anyone who is interested in a fun, low-impact water workout. Aerobic capacity, strength, flexibility, balance and reaction time will greatly improve. Meet new friends and improve your physical fitness every morning at the Clearfield Aquatic Center.

Arthritis: This program is designed to help relieve pain and stiffness caused by arthritis while providing a fun social opportunity. Participants will be led through a series of specially designed exercises, which with the aid of the water’s buoyancy and resistance can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. It is not necessary to know how to swim. Instructors are certified through the Arthritis Foundation.

Lazy River Challenge: Try this new early morning water class in the warm leisure pool! Do a variety of exercises against the current while having a great time. Increase your flexibility, strength, and endurance and release that unwanted stress as you work against the resistance of the water for a great workout. Water shoes are recommended!

Aqua Zumba: Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of a refreshing workout. **This class is 45 minutes in length.**

SilverSneakers Splash: Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

The Water Experience: Do you want a great fat burning workout that is always changing? The only way to describe this water workout is “fun.” You never truly know what each Saturday will bring, it may be deep, shallow or a combination of both. Experience innovative cardiovascular exercises performed with no impact on the body.

CAC90X Wet: It is wet, wild and 90 minutes of calorie burning fun! If you would like a fitness challenge in the water, check out this class.