

Aquatic Classes - July and August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available	6:00-9:00*am Open Pool 2 Laps Available	3 Lanes Available	6:00-9:00am Open Pool 2 Laps Available	3 Lanes Available	Center Opens 8:00am
7:00am	7:00-9:00*am Open Pool		7:00-9:00*am Open Pool		7-9:00*am Open Pool	
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	
9:00am	Cardio Strength 9:00-9:45am	HIIT 9:00-9:30am	Cardio Strength 9:00-9:45am	HIIT 9:00-9:30am	Cardio Strength 9:00-9:45am	8:00am-11:30am Open Pool 2 Laps Available
10:00am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	
11:00am	11am-3:00pm Open Pool 2 Laps Available	11am-2:30*pm Open Pool 2 Laps Available	11am-3:00pm Open Pool 2 Laps Available	11am-2:30*pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	Pool Closes 11:30am
12:00pm						
1:00pm		Pool Closes at 2:00pm				
2:00pm				CLASS LEGEND		
3:00pm	<p style="margin: 0;">Level 3- High intensity</p> <p style="margin: 0;">Level 2- Medium intensity</p> <p style="margin: 0;">Level 1- Low intensity</p> <p style="margin: 0;">Activity/Sport</p> <p style="margin: 0;">Contractor Class -</p> <p style="margin: 0;">Free to SCS members</p> <p style="margin: 0;">\$6 for non-members</p> <p style="margin: 0;">Ask our Exercise Specialists what class level is best for you!</p>					
4:00pm	Suspended & Fit 4:15-5:00pm One Lap Available	Water Volleyball 4:00-5:00 One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available	Water Volleyball 4:00-5:00pm One Lap Available		
5:00pm	Open Pool 2 Laps Available	Aqua Zumba 5:30-6:30pm	Open Pool 2 Laps Available	Open Pool 2 Laps Available		
6:00pm	Pool Closes at 6:30		Pool Closes at 6:30			

- **Pool Shoes** are required for all pool members. They must be worn while walking to and from the pool/locker rooms. (Shoes may be taken off to swim laps but must be put back on afterwards)
 - Please Call 419-991-8811 to reserve a lap lane time
 - Availability in half hour or hour slots
 - *Lap Lanes will be moved 5 minutes prior to classes
 - Classes may be shortened to 30 minutes or canceled at any time due to instructor illness
 - Must be at least three participants present for class
 - Please show up 5 minute prior to class time

