

# Aquatic Classes New Schedule!

**April 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available		3 Lanes Available		3 Lanes Available	<b>Center Opens 8:00 am</b>
7:00am	7:00-9:00*am Open Pool	6:00-9:00*am Open Pool	7:00-9:00*am Open Pool	6:00-9:00 am Open Pool	7-9:00*am Open Pool	
8:00am	2 Laps Available	2 Laps Available	2 Laps Available	2 Laps Available	2 Laps Available	
9:00am	<b>Cardio Strength</b> 9:00-9:45 am	<b>NEW! Water Neuro-bics</b> 9:00-9:30 am	<b>Cardio Strength</b> 9:00-9:45 am	<b>Cardio Strength</b> 9:00-9:45 am	<b>Cardio Strength</b> 9:00-9:45 am	Open Pool 2 Laps Available 8:00am-11:30 or 10:30 if Zumba*
10:00am	<b>Aqua Range of Motion</b> 10:00-10:45 am	<b>Aqua Range of Motion</b> 10:00-10:45 am	<b>Aqua Range of Motion</b> 10:00-10:45 am	<b>Aqua Range of Motion</b> 10:00-10:45 am	<b>Aqua Range of Motion</b> 10:00-10:45 am	<b>Aqua Zumba</b> 10:30-11:30am March 7 & 28 No laps available *Refer to Jana's schedule for variability
11:00am		11am-1:30pm Open Pool		11am-1:30pm Open Pool	11am-2:00pm Open Pool	<b>Pool Closes 11:30am</b>
12:00pm		2 Laps Available		2 Laps Available	2 Laps Available	
1:00pm	11am-4:00pm Open Pool	<b>NEW! Cardio, Core, &amp; Balance</b> 1:30-2:00pm	11am-4:00pm Open Pool	<b>NEW! Cardio, Core, &amp; More</b> 1:30-2:15pm		
2:00pm	2 Laps Available		2 Laps Available		<b>Pool Closes at 2:00pm</b>	
3:00pm		<b>Water Volleyball</b> 3:00-4:30		<b>Water Volleyball</b> 3:00-4:30	<b>CLASS LEGEND</b> <b>Level 3- Challenging/ High level of mobility</b> <b>Level 2- Medium</b> <b>Level 1- Basic movement patterns</b> <b>Activity/Sport</b> <b>Contractor Class - Free to SCS members</b> <b>\$6 for non-members</b>  <b>Ask our Exercise Specialists what class level is best for you!</b>	
4:00pm	<b>Suspended &amp; Fit</b> 4:15-5:00pm	One Lap Available	<b>Suspended &amp; Fit</b> 4:15-5:00pm	One Lap Available		
5:00pm	Pool	<b>Aqua Zumba</b> 5:30-6:30pm	<b>Cardio, Core &amp; More</b> 5:30-6:15 pm	Open Pool		
6:00pm	2 Laps Available	No laps Available *Refer to Jana's schedule for variability	One Lap Available	2 Laps Available		
	<b>Pool Closes at 6:30</b>		<b>Pool Closes at 6:30</b>			

**Please refer to the schedule for class format changes.**

**Class format/length may be subject to change due to instructor availability and class size.**

**The Aquatic Class Schedule may be subject to change.**



## Aquatic Class Descriptions

### Cardio Strength

Cardio Strength classes incorporate both cardio intervals and strength training exercises. You will use a variety of pool equipment such as: pool noodles, paddles, dumbbells, barbells, etc.

### Water Neuro-bics

Water Aerobics crossed with neuro exercises. Work your brain while you work your body! Neuro exercises are great for warding off dementia and Alzheimer's.

### Aqua Range of Motion

Aqua ROM is a low-intensity class designed for those who may have arthritis, joint replacements, or other orthopedic issues. In this class you will work all joints of the body through different range of motion while walking forwards and backwards as well as side to side

### Cardio, Core, & Balance

Mid-level intensity class that will incorporate cardio and core exercises while targeting balance.

### Suspended & Fit

In this class you will wear a float belt and be suspended in the deeper end of the pool This allows you to exercise with zero impact and get a high intensity workout. This class may also be referred to as "Deep Water"

### Cardio, Core, & More

Work a little bit of everything in this class! (This class may be canceled if Donna is sick or on vacation.)

### Water Volleyball

Members are welcome to play water volleyball at these designated times.

### Aqua Zumba

Get your groove on! Aqua Zumba is a great and fun way to get your cardio in!  
Aqua Zumba is a Contractor Class - it is free to SCS members and \$6 for non-members

### Lap Swim

Please call or stop in the Wellness/Business office to sign up for lap lane times. You can reserve a lap for 30 minutes or an hour time frame.

### Announcements:

- Our next "Wellness Programming" days will be Thursday May 7th and Friday May 8th. There will be no Wellness or Aquatic Classes these days, but the Wellness and Aquatic Centers will have normal hours for individual exercise.
- If you are a lap swimmer, you **MUST** sign up for a lap.
  - If you cannot make your designated time you **MUST** call and cancel.

