

Aquatic Classes July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available		3 Lanes Available		3 Lanes Available	Center Opens 8:00 am
7:00am	7:00-9:00*am Open Pool 2 Laps Available	6:00-9:00*am Open Pool 2 Laps Available	7:00-9:00*am Open Pool 2 Laps Available	6:00-9:00 am Open Pool 2 Laps Available	7-9:00*am Open Pool 2 Laps Available	
8:00am						
9:00am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Open Pool 2 Laps Available 8:00am-11:30
10:00am	Water Walking + Resistance (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 10:00-10:45 am	Water Walking + Resistance (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 10:00-10:45 am	
11:00am	11am-4:00pm Open Pool 2 Laps Available	11am-1:30pm Open Pool 2 Laps Available	11am-4:00pm Open Pool 2 Laps Available	11am-1:30pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	
12:00pm		Cardio, Core, & Balance 1:30-2:00pm		Cardio, Core, & More 1:30-2:15pm	Pool Closes at 2:00pm	
1:00pm						
2:00pm						
3:00pm		Water Volleyball 3:00-4:30 One Lap Available		Water Volleyball 3:00-4:30 One Lap Available	CLASS LEGEND Level 3- Challenging/ High level of mobility, high resistance Level 2- Medium, some resistance Level 1- Basic movement patterns, little to no resistance Activity/Sport Contractor Class - Free to SCS members \$6 for non-members Ask our Exercise Specialists what class level is best for you!	
4:00pm	Suspended & Fit 4:15-5:00pm One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available				
5:00pm	Pool 2 Laps Available	Aqua Aerobics 5:30-6:30pm No laps Available *Refer to Jana's schedule for variability	Cardio, Core & More 5:30-6:15 pm One Lap Available	Open Pool 2 Laps Available		
6:00pm		Pool Closes at 6:30			Pool Closes at 6:30	

NEW FORMAT!

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 Walking (Formerly Aqua ROM)

Water Walking + 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 (ROM) while walking forwards and backwards as well as side to side.

Water Walking + Resistance may use pool equipment to work strength.

Aqua Aerobics

Get your groove on! Aqua Aerobics is a great and fun way to get your cardio in!

Aqua Aerobics is a Contractor Class - **it is free to SCS members** and \$6 for non-members

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.

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:

- Please shower before entering the pool and spa.
- Our next "Wellness Programming" days will be Thursday Sept 3rd and Friday Sept 4th. There will be no Wellness or Aquatic Classes these days, but the Wellness and Aquatic Centers will have normal hours for individual exercise.
- We will be closed Monday September 7th
- 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.
 - Those who miss and do not call in to cancel will be taken off the schedule for any future scheduled times.
 - Saturday lap lanes will be limited to 30 minute sign-ups only.
 - Calling hours for lap lanes are 8:00am - 4:30pm Mon-Thurs, and 8:00am - 2:30 Friday.

**The pool closes a half hour before the Wellness Center.
This includes use of the spa!**