



# McDonald Family Deep Pool POOL & WATER EXERCISE SCHEDULE

| Time       | Monday                              | Tuesday                              | Wednesday                            | Thursday                             | Friday                                 | Saturday                            | Sunday                              |
|------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--|-------------------------------------|-------------------------------------|
| 5am-6am    | Open Swim                           | Open Swim                            | Open Swim                            | Open Swim                            | Open Swim                              |                                     |                                     |
| 6am-7am    |                                     | Aqua Fit<br>5:45am-6:30am            |                                      | Aqua Fit<br>5:45am-6:30am            | Aqua Fit<br>5:45am-6:30am              |                                     |                                     |
| 7am-8am    | Fresh Start<br>7am-7:45am           | Open Swim                            | Fresh Start<br>7am-7:45am            | Open Swim                            | Fresh Start<br>7am-7:45am              | Deep Water<br>Fitness<br>8am-8:45am |                                     |
| 8am-9am    | Deep Water<br>Fitness<br>8am-8:45am |                                      | Deep Water<br>Fitness<br>8am-8:45am  |                                      | Deep Water<br>Fitness<br>8am-8:45am    |                                     |                                     |
| 9am-10am   | Swim<br>Lessons                     | Swim<br>Lessons                      | Swim Lessons                         | Swim<br>Lessons                      | Open Swim                              | Swim<br>Lessons                     |                                     |
| 10am-11am  |                                     |                                      |                                      |                                      |  |                                     |                                     |
| 11am-12pm  | Water Wellness<br>11am -11:45am     | Open Swim                            | Water Wellness<br>11am -11:45am      | Open Swim                            | Water Wellness<br>11am -11:45am        | Open Swim                           | Opens<br>@<br>10am:<br>Open<br>Swim |
| 12pm-1pm   |                                     |                                      |                                      |                                      |  |                                     |                                     |
| 1pm-2pm    | Open Swim                           |                                      | Open Swim                            |                                      | Open Swim                              | Open<br>Swim                        |                                     |
| 2pm-3pm    |                                     |                                      |                                      |                                      |  |                                     |                                     |
| 3pm-4pm    | After<br>School                     | After<br>School                      | After<br>School                      | After<br>School                      | After<br>School                        |                                     |                                     |
| 4pm-5pm    |                                     |                                      |                                      |                                      |  |                                     |                                     |
| 5pm-6pm    | Swim<br>Lessons<br>&<br>Open Swim   | Swim<br>Lessons<br>&<br>Open<br>Swim | Swim<br>Lessons<br>&<br>Open<br>Swim | Swim<br>Lessons<br>&<br>Open<br>Swim | Make-up Lessons<br>& Open Swim         |                                     |                                     |
|            |                                     |                                      |                                      |                                      | Deep Water<br>Fitness<br>5:30pm-6:15pm |                                     |                                     |
| 6pm-7pm    | Deep Water<br>Fitness<br>6pm-6:45pm | Open Swim<br>@7:30pm                 | Deep Water<br>Fitness<br>6pm-6:45pm  | Open Swim<br>@7:30pm                 | Open Swim<br>@6:15pm                   |                                     |                                     |
| 7pm-8pm    |                                     |                                      |                                      |                                      |  |                                     |                                     |
| 8pm-8:45pm | Open Swim<br>@6:45pm                |                                      | Open Swim<br>@6:45pm                 | Open Swim<br>@7:30pm                 |  |                                     |                                     |

## Descriptions of Water Exercise classes

|                           |  |
|---------------------------|--|
| <b>Deep Water Fitness</b> | A challenging workout in the deep water that includes a mixture of aerobic intervals and muscle conditioning to strengthen the entire body. Working against the resistance of the water, participants will notice improvements in core strength, flexibility and overall health. Buoyancy equipment is provided. |
| <b>Aqua Fit</b>           | A great cardiovascular workout in deep water. It offers plenty of modification to increase or decrease the difficulty of the moves. This 45 minute class will enhance your muscular strength, endurance and flexibility all in one workout. This is a great class for any fitness level.                         |
| <b>Fresh Start</b>        | Come check out a water fitness class! Participants experience water fitness movement with flotation and resistance equipment. Class includes warm-up, cardio, strength, flexibility and cool down.   |
| <b>Water Wellness</b>     | Beginner to Intermediate. This class uses a variety of exercises including stretching, intervals and balance to raise the heart rate for an optimal workout.   |

**\*All classes can be modified to any fitness level, unless otherwise noted.**

**\*You do not have to know how to swim to participate in the water exercise classes with the exception of Master's.**

## Pool Rules and Regulations

- \* You must obey the lifeguards at all times.
- \* No swimming unless there is a lifeguard on deck.
- \* For health reasons you must shower before entering the pools or hot tub.
- \* All children under 12 must have an adult 18 or older in the pool area at all times.
- \* All children under 12 must take the swim test for recreational swimming.
- \* If a child does not pass the swim test, an adult 18 or older must be in the pool.
- \* All children who do not pass the swim test must wear a lifejacket and be with an adult 18 or older.
- \* All children who pass the swim test must have an adult 18 or older in the pool area.
- \* All children who do not pass the swim test must wear a lifejacket or be within arms reach of an adult 18 or older. The adult must be in the pool with the child either way.
- \* You must be 12 or older to enter the hot tub.
- \* No gum allowed in the pool.
- \* No Band-Aids allowed in the pool.
- \* No glass bottles or food allowed in the pool area.
- \* No diving in the shallow end
- \* Diving is allowed from the deepest end of the deep pool, ONLY. Diving from pool side is not allowed.
- \* No back dives or flips.
- \* No jumping in backwards or twisting.
- \* No leaning back while jumping of any kind.
- \* No horse play allowed, keep your hands to yourself.
- \* Do not push or hold others under water.
- \* No hanging onto other people's backs.
- \* No throwing other people in the air.
- \* No slapping the noodles or kickboards on the water.
- \* No throwing balls at other people.
- \* No yelling, screaming, or inappropriate language.
- \* No inappropriate behavior (Public Display of Affection).
- \* No running.
- \* No playing on the ladders or stairs.
- \* No open sores or infectious diseases (ringworm, athlete's foot, pink eye, etc.) allowed in the pool.
- \* No outside toys or flotation devices other than a coast guard approved life jacket.
- \* Swim suits are required- no cut off jeans or other casual wear.
- \* No floating swim suits.
- \* Marshmallows are a teaching aid only.
- \* Report any injuries to the lifeguard immediately.
- \* We recommend that you *do not* use face masks.
- \* When playing with basketball hoop you must stay in water, no deck basketball allowed.
- \* Water Exercise equipment is for Water Exercise only, it is not to be used during open swim.
- \* Face masks are not allowed during swim lessons.
- \* Drains must be visible from guard chair for pool operation.

**\*If you fail to abide by these rules and regulations, you may be asked to leave.**