



First Interstate Bank Shallow Pool POOL & WATER EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5am-6am	Laps	Laps	Laps	Laps	Laps	Opens @ 6:30am: Laps		
6am-7am								
7am-8am								
8am-9am								
9am-10am	Shallow Water Fitness 8:50am-9:35am	Aqua Zumba® 9:30am-10:30am	Shallow Water Fitness 8:50am-9:35am	Aqua Zumba® 9:30am-10:30am	Shallow Water Fitness 8:50am-9:35am	Aqua Zumba 9am-9:45am		
10am-11am	Laps	Laps	Laps	Laps	Laps	Laps until 4:45pm		
11am-12pm								
12pm-1pm	Masters Swimming	Aqua Boot Camp	Masters Swimming	Aqua Boot Camp	Masters Swimming			Laps until 4:45pm
1pm-2pm	Laps	Laps	Laps	Laps	Laps			
2pm-3pm								
3pm-4pm		Stroke Development		Stroke Development				
4pm-5pm								
5pm-6pm	Swim Team @ 4:30pm	Swim Team @ 4:30pm	Swim Team @ 4:30pm	Swim Team @ 4:30pm	Swim Team @ 4:30pm			
6pm-7pm								
7pm-8:45pm	Laps	Laps	Laps	Laps	Laps			

Descriptions of Water Exercise classes

Aqua Zumba®	Aqua Zumba known as the "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, twisting, stretching, even shouting, laughing, hooting and hollering are often heard in an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.
Master's	This is a high intensity Lap Swim hour. It is run by members. If you are looking for an extreme swim this is the hour for you!
Aqua Boot Camp	Aqua Boot Camp is a HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on the joints and expands the lung capacity, as well as the benefits of weight and resistance training.
Shallow Water Fitness	Great cardio mixed with balance, core and muscle building segments. This is a low-impact workout, but maintains a high intensity. Different resistance equipment such as noodles, dumb bells and kickboards may be used during class.

***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 floatation 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.**