



AQUATIC CENTER SCHEDULE

September 7 - December 21, 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 7:00am-7:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 6:00am-7:30pm
Swim Lessons 8:30am-1:30pm	Aqua Tone 8:30-9:20am	River Walk 7:30-8:20am	Intense Aqua 8:30-9:20am	River Walk 7:30-8:20am	River Walk 8:30-9:20am	Swim Lessons 8:15am-1:30am
	Advanced River Blast & Sculpt 8:30-9:20am	Advanced River Blast & Sculpt 8:30-9:20am		Advanced River Blast & Sculpt 8:30-9:20am	Aqua Deep 8:30-9:20am	
Open Swim 1:30-4:30pm	Intermediate River Blast 9:30-10:20am	Aqua HITT 9:30-9:50am	Intermediate River Blast 9:30-10:20am	Intense Aqua 9:30-10:20am	Swim Lessons 9:15-10:30am	70 Minute Advance River Blast & Sculpt 8:30-9:20am
	Gentle Aqua 10:30-11:20am	Aqua Yoga 9:55-10:20am	Gentle Aqua 10:30-11:20am	Parent Tot Swim 10:30am-12:00pm	Intermediate River Blast 9:30-10:20am	
Swim Lessons 4:00-7:30pm	Swim Lessons 5:00-8:00pm	Parent Tot Swim 10:30am-12:00pm	Swim Lessons 5:00-8:00pm	Arthritis Aqua 10:30-11:20am	Gentle Aqua 10:30-11:20am	Open Swim 1:30-4:30pm
	River Walk 6:00-7:00pm	Arthritis Aqua 10:30-11:20am	Open Swim 5:00-6:30pm	Open Swim 5:00-6:30pm	Parent Tot Swim 10:30am-12:00pm	
		Open Swim 5:00-6:30pm	River Walk 6:00-7:00pm	Swim Lessons 6:30-8:30pm	Swim Lessons 4:30-6:30pm	
		Swim Lessons 6:30-8:30pm			Open Swim 6:30-8:30pm	

ACTIVITY DESCRIPTIONS

LAP SWIM: At least one lane will be open. Lap lanes can accommodate several swimmers and lane sharing is expected; please circle swim counterclockwise and swim continuous laps and do not stop or stand in the lanes. Lifejackets and fitness equipment are not permitted in the lap lanes; fins and hand paddles are permitted when there are no more than 2 people in a lane. Guests wishing to swim laps come during lap swim and modified lap swim times. During Lap Swim guests under 12 years old must pass a swim test and are expected to swim continuous laps.

OPEN SWIM: All pools (Water Slide, Lazy River, and Leisure Pool) used for free swim activities. Certain circumstances (slow times or staff shortages) the aquatic staff will alternate opening the Slide and Lazy River.

RIVER WALK: The lazy river is open for river walking only. No equipment or instructor is used. Walking will be in one direction only, as directed by the lifeguard on duty. For safety, every 15 minutes lifeguards will direct participants to change direction. We strongly encourage guests to wear aqua shoes or white socks.

PARENT TOT SWIM: Modified sessions are the best times for parents with small children to enjoy the leisure pool. The water slide and lazy river will not be open and the features will not be on during any swim or fitness classes.

SWIM LESSONS: During this time the lap pool and leisure pool are open for lap swimming and swim lessons only. The hot tub and dry sauna and steam room will be available for use as well.

Fitness Class Level Color Key

- BEGINNER
- BEGINNER to INTERMEDIATE
- INTERMEDIATE
- INTERMEDIATE to ADVANCED
- ADVANCED
- ALL-LEVELS

SUMMIT ON THE PARK AQUATIC CENTER RULES

Welcome to the Summit's Aquatic Center! For your health & safety, please remember:

1. Our lifeguards are trained to PREVENT accidents and perform basic first responder care. Direct and constant supervision of children is the responsibility of parents and adult guardians.
 - a. Children under the age of 12 are not permitted in the facility without a parent or guardian.
2. **S:10 Rule:** All children under the age of 12 must pass the swim test to be in the water unaccompanied by an adult. If your child cannot pass the swim test, an adult guardian must be in the water directly supervising the child from no more than 10 feet away.
 - a. The swim test is swimming 25 yards and treading water for 1 minute. Please see an aquatic supervisor to assist you with the swim test.
3. No running, diving or rough play at any time.
4. No breath holding games or breath holding training at any time.
5. Soap Showers are required for all swimmers before entering the water.
6. Guests are required to adhere to the swim suit policy.
 - All guests must wear a swim suit with a sewn in liner
 - Cover ups and burkinis are permitted for modesty purposes
 - Denim and other street clothes are not permitted
7. Street shoes are prohibited on the pool deck.
8. Absolutely no disposable diapers allowed, please use swim diapers.
9. All flotation items and lifejackets brought into the Aquatic Center must be U.S.C.G. approved.
10. **Lap Pool:** Guests wishing to use the lap lanes must swim continuous laps and are subject to supervisor approval. Standing for prolonged periods or stationary exercising in the lap lanes is prohibited. During Lap Swim times guests under the age of 12 yrs old must pass a swim test and will be expected to swim continuous laps. Lifejackets are not permitted in lap lanes.
11. **Lazy River:** Guests under 42" tall must wear a lifejacket and have an adult guardian in the Lazy River with them. Guests 42"-48" tall must wear a lifejacket or pass the S:10 Swim Test. Guests must follow all posted Lazy River Rules.
12. **Water Slide:** Guests 42" and under are prohibited from using the water slide. Guests 42"-48" tall must wear a lifejacket or pass the S:10 Swim Test. Guests must follow all posted Water Slide Rules.
13. The Aquatic Center schedule is subject to change without prior notice due to reasons beyond our control. A number of other rules and guidelines are posted in the Aquatic Center. Summit on the Park employees have the authority to enforce any policy that will help ensure the safety or enjoyment of guests and staff.



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AQUATIC CENTER FITNESS CLASS DESCRIPTIONS

BEGINNER Level Classes: These classes are suitable for individuals who have not been active for some time, including those who are sedentary or recovering from injury or illness. Classes feature simple movements and lower intensity workouts with a focus on proper technique and form.

Gentle Aqua: (BB, SEN) This invigorating, yet gentle, approach to water aerobics is perfect if you are new to exercise, recovering from injuries or any other physical challenges. This class will increase your aerobic capacity, give you strength, tone your muscles and improve your posture and balance.

INTERMEDIATE Level Classes: Try these classes if you have been actively participating in a fitness program for at least 4 months with few/no physical limitations. May include activities with moderate-to-high levels of aerobic activity.

Intense Aqua: (BB) This class will get you moving and get your heart pumping! Using equipment, you'll work through a series of interval exercises that raise your heart rate in the water for an intense cardio workout.

Aqua Fit: This class integrates cardio moves along with buoyancy and strength components. Noodles and water weights will be used to help tone and strengthen.

INTERMEDIATE to ADVANCED Level Classes:

Aqua Deep: This class will take you to the 5-foot deep end of our lap pool. You will learn how to work and condition the deep core muscles of your body by doing fun sport specific exercises. Get a workout that challenges your strength and stamina to improve your game.

Aqua Tone: (*Participants should arrive early to put on equipment.) Challenge and enhance your workout with the use of buoyancy and resistance equipment. Water cuffs worn at your ankles, with hand held buoys, act and feel like weight training on land. A great class to strengthen and tone.

Intermediate River Blast & Sculpt: (*Participants should wear aqua socks or water shoes.) Work with and against the current in the Lazy River to maximize your workout. Challenge your strength and cardio with this low-impact water class that will get your heart-rate pumping.

70-Minute Advanced River Blast & Sculpt: (*Participants should wear aqua socks or water shoes.) Increase your aerobic endurance with this fast-paced, cardio class in the Lazy River. Plus, get 20-minutes of upper body sculpting using equipment. Challenge your heart and muscles as you walk, jog and run with and against the current for an intense workout that is easy on your joints.

Advanced River Blast & Sculpt: (*Participants should wear aqua socks or water shoes.) Take your water routine up another notch with our Advanced River class. Work with and against the current in the Lazy River at a faster pace to maximize your workout. Challenge your strength and cardio with this low-impact water class.

ALL- LEVEL Classes: These classes offer many options to make the workout your own! Instructors provide a series of modifications to suit a variety of levels. Move through intervals or circuits at your own pace for an individualized workout.

Arthritis Aqua: (BB, SEN) The support of the water combined with active stretches for each muscle group will improve joint mobility and flexibility. Your body will gain strength, endurance and balance in this joint-friendly class. All exercises are performed with your body in a vertical position and your feet on the pool floor. The water is kept at 83 to 86 degrees, and our pool is accessible by stairs or chair lift.