

# AQUATICS SCHEDULE

## FALL 1 SESSION • SEP. 12–OCT. 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6–8:55 AM LAP SWIM*	6–8:55 AM LAP SWIM*	6–8:55 AM LAP SWIM*	6–8:55 AM LAP SWIM*	6–8:55 AM LAP SWIM*	7–7:55 AM LAP SWIM*
9–11:55 AM RIVER WALKING*	9–11:55 AM MODIFIED OPEN SWIM & LAP SWIM*	9–11:55 AM RIVER WALKING*	9–11:55 AM MODIFIED OPEN SWIM & LAP SWIM*	9–10:55 AM RIVER WALKING*	8–11 AM POOL & HOT TUB CLOSED
10 AM–1 PM LAP SWIM*	10 AM–1 PM LAP SWIM*	10 AM–1 PM LAP SWIM*	10 AM–1 PM LAP SWIM*	10 AM–1 PM LAP SWIM*	11 AM–12 PM LAP SWIM*
1–4 PM POOL & HOT TUB CLOSED	1–6:30 PM POOL & HOT TUB CLOSED	1–4 PM POOL & HOT TUB CLOSED	1–8 PM POOL & HOT TUB CLOSED	1–4 PM POOL & HOT TUB CLOSED	12–12:45 PM MODIFIED OPEN SWIM & LAP SWIM*
4–7:45 PM MODIFIED OPEN SWIM & LAP SWIM*	6:30–7:30 PM MODIFIED OPEN SWIM*	4–4:55 PM MODIFIED OPEN SWIM & LAP SWIM*		4–4:55 PM MODIFIED OPEN SWIM & LAP SWIM*	
		5–7:45 PM OPEN SWIM		5–7:45 PM OPEN SWIM	

\*Lap Swim and River Walking require advance registration. Insurance Users may participate for a cost of \$3 per session. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration is no longer enabled – you must check with the Welcome Desk to see if space is available.

### AQUATICS CENTER ACTIVITY GUIDELINES

Kroc Center pool equipment is available for use, or you may bring your own. Lifejackets or other flotation devices MUST have a visible U.S. Coast Guard certification.

Here is additional information for specific activities and areas of the Aquatics Center listed above:

- **Open Swim** – All areas, including the water slide, water basketball area, lazy river, and toddler play area, may be used during family swim. The giant waterslide may be available as staffing permits. Children aged 6 and under must have an adult (16+) within arm’s reach in the water at all times. Children aged 7-11 must have an adult in the water with them. Once a child passes a swim test, supervision may be pool-side.
- **Hot Tub** – The hot tub is available for ages 12+ anytime the pool is open, except as indicated on the schedule above. Please follow the posted restrictions for users with certain health conditions, capacity and time limits, etc.
- **River Walking** – Walking against the current provides a good, low-impact workout. Available to ages 16+ (or 12+ with a Teen Fit Permit.) Reservations start at the top of each hour during the indicated times on the schedule above. If you are not in the water 15 minutes after the beginning of the hour, your remaining time may be given to another user.
- **Lap Swim** – Where indicated above, the lap pool is open for ages 16+ (or 12+ with a Teen Fit Permit.) Lap swim reservations start at the top of each hour during the indicated times on the schedule above. If you are not in the water 15 minutes after the beginning of the hour, your remaining time may be given to another user. Stopping, standing and aqua jogging are not permitted when lane dividers are being used. Aqua joggers may use other available pool areas.
- **Modified Open Swim** – (NOT AVAILABLE FOR INSURANCE USERS) Zero–depth entry area is open for recreational use. Classes may be conducted during this time. Hot tub is available. Water features and water slide are turned off at this time. River and lap lanes may be open if listed.
- **Guard Rotation and Breaks** – Each hour during open swim all members and guests must exit the pool and hot tub for 10 minutes prior to the hour to allow for guard rotation.

### POOL-READY GUIDELINES



SHOES  
OFF



SWIMSUIT  
ON



SHOWER  
OFF



SWIM

### aquatics TEEN FIT PERMIT

This add-on to the fitness Teen Fit Permit allows youth age 12-15 the to exercise during lap swim or river walking times. 9–11 year olds may also take this training, which allows parent supervision poolside instead of in the water.

To sign up for this FREE class, please speak with the trainer who teaches your Teen Fit Permit class, or see a Pool Supervisor.

# FITNESS SCHEDULE

## FALL 1 SESSION • SEP. 12–OCT. 29

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
<b>A</b> 6–7 AM <b>BODYBALANCE</b> VIRTUAL	<b>B</b> 6:15–6:45 AM <b>GRIT Strength</b> VICTORIA	<b>A</b> 6–6:30 AM <b>LES MILLS SPRINT</b> PATRICK	<b>B</b> 6–6:45 AM <b>SH'BAM</b> VIRTUAL	<b>A</b> 6–6:30 AM <b>LES MILLS CORE</b> VIRTUAL	<b>B</b> 6–7 AM <b>BODYCOMBAT</b> PATRICK	<b>A</b> 6–6:45 AM <b>CYCLE</b> PATRICK	<b>B</b> <small>NEW</small> 6–7 AM <b>BODYPUMP</b> VIRTUAL	<b>A</b> 6–6:30 AM <b>LES MILLS SPRINT</b> BRAM	<b>B</b> 7:30–8:15 AM <b>SH'BAM</b> VIRTUAL
<b>A</b> 7:15–8:15 AM <b>BODYCOMBAT</b> VIRTUAL		<b>B</b> 7–7:30 AM <b>LES MILLS GRIT Athletic</b> VIRTUAL		<b>A</b> 7:15–8 AM <b>SH'BAM</b> VIRTUAL		<b>B</b> <small>NEW</small> 8–9 AM <b>BODYBALANCE</b> VIRTUAL		<b>B</b> 6:45–7:15 AM <b>LES MILLS GRIT Athletic</b> VIRTUAL	<b>A</b> 8–8:30 AM <b>LES MILLS SPRINT</b> ROTATION
<b>B</b> <small>NEW</small> 9–10 AM <b>SPRINT/BODYPUMP</b> HEIDI	<b>B</b> 9–10 AM <b>YOGA</b> NANCY	<b>A</b> 9–9:45 AM <b>SH'BAM</b> VIRTUAL	<b>A</b> 9–10 AM <b>BODYBALANCE</b> HEIDI		<b>A</b> 9–9:45 AM <b>BOOT CAMP</b> NANCY		<b>B</b> 9–10 AM <b>SPRINT/BODYPUMP</b> HEIDI		<b>B</b> 9–10 AM <b>BODYPUMP</b> ROTATION
<b>A</b> 10–10:30 AM <b>LES MILLS CORE</b> VIRTUAL	<b>M</b> 9–9:30 AM <b>TAI CHI</b> CHRIS	<b>M</b> 9:30–10 AM <b>GERI FIT</b> CHRIS	<b>A</b> 10–10:30 AM <b>LES MILLS GRIT Cardio</b> VIRTUAL		<b>M</b> 9–9:30 AM <b>TAI CHI</b> CHRIS	<b>M</b> 9:30–10 AM <b>GERI FIT</b> CHRIS	<b>A</b> 9:30–10:30 AM <b>BODYBALANCE</b> VIRTUAL		<b>A</b> 10:15–11:15 AM <b>YOGA/BODYBALANCE</b> ROTATION
<b>W</b> 10–11 AM <b>DRUM FIT</b> CHRIS	<b>A</b> 10:15–11:15 AM <b>BODYCOMBAT</b> VIRTUAL	<b>G</b> 10:15–10:45 AM <b>SENIOR FIT</b> NANCY	<b>W</b> 10–11 AM <b>DRUM FIT</b> CHRIS		<b>A</b> 10:15–10:45 AM <b>LES MILLS CORE</b> VIRTUAL	<b>G</b> 10:15–10:45 AM <b>SENIOR FIT</b> NANCY	<b>B</b> 10:15–11:15 AM <b>BODYCOMBAT</b> VIRTUAL		
<b>W</b> 11 AM–12 PM <b>DRUM FIT</b> CHRIS	<b>B</b> 11–11:45 AM <b>SENIOR YOGA</b> NANCY		<b>W</b> 11 AM–12 PM <b>DRUM FIT</b> CHRIS		<b>B</b> 11–11:45 AM <b>SENIOR YOGA</b> NANCY				
<b>B</b> <small>NEW</small> 12–1 PM <b>BODYBALANCE</b> VIRTUAL	<b>B</b> 12–12:30 PM <b>LES MILLS SPRINT</b> VIRTUAL		<b>B</b> 12–12:30 PM <b>LES MILLS CORE</b> VIRTUAL		<b>B</b> 12–12:30 PM <b>BODYCOMBAT</b> VIRTUAL		<b>B</b> 12–12:45 PM <b>BODYPUMP</b> VIRTUAL		<small>EXPRESS CLASSES</small>
<b>B</b> <small>NEW</small> 4–4:30 PM <b>BODYCOMBAT</b> VIRTUAL	<b>B</b> 4–4:45 PM <b>BODYPUMP</b> VIRTUAL		<b>B</b> 4–4:30 PM <b>LES MILLS GRIT Athletic</b> VIRTUAL		<b>B</b> 4–4:45 PM <b>SH'BAM</b> VIRTUAL		<b>B</b> 4–4:30 PM <b>LES MILLS CORE</b> VIRTUAL		<small>EXPRESS CLASSES</small>
<b>A</b> 5:15–5:45 PM <b>LES MILLS SPRINT</b> BRAM	<b>B</b> 5:30–6 PM <b>LES MILLS CORE</b> KRISTY		<b>B</b> 5:45–6:45 PM <b>CYCLE STRENGTH</b> KRISTY		<b>B</b> 4:30–5:15 PM <b>SH'BAM</b> VIRTUAL				
<b>A</b> 6–7 PM <b>ZUMBA</b> MARGARITA/KARINE	<b>A</b> 6:15–6:45 PM <b>CYCLE</b> KRISTY		<b>B</b> 6–7 PM <b>BODYPUMP</b> KATOLO		<b>A</b> 6–7 PM <b>ZUMBA</b> MARGARITA		<b>B</b> 6–6:30 PM <b>LES MILLS GRIT Cardio</b> VIRTUAL		
<b>B</b> 6–7 PM <b>BODYPUMP</b> ROTATION	<b>B</b> 6:15–7 PM <b>LES MILLS GRIT Strength</b> VICTORIA		<b>A</b> 6:15–7:15 PM <b>YOGA</b> MEGAN				<b>A</b> 6:30–7 PM <b>LES MILLS SPRINT</b> VIRTUAL		

All drop-in classes are \$9 for insurance members with the exception of Drum Fit, Senior Yoga, Senior Fit, Tai Chi and Geri Fit which are \$3 each.



### FITNESS CLASS AGE GUIDELINES

**OPEN TO AGES 7+\***

\*Ages 7–11 must be supervised by an adult. (No Teen Fit Permit) required for ages 12–15)

**OPEN TO AGES 12+\*\***

\*\*Ages 12–15 require a Teen Fit Permit

**OPEN TO AGES 16+**

### TEEN FIT PERMIT

Sign up for our FREE half-hour training course and learn equipment safety, fitness floor manners and proper use of machines.

Youth age 12–15 are required to have a Teen Fit Permit to use the fitness floor.

### CLASS LOCATION KEY

- A** = Studio A
- B** = Studio B
- G** = Gymnasium
- W** = WPAC
- M** = Music Room
- O** = Outdoor Amphitheater

# GYMNASIUM & ART SCHEDULE

FALL 1 SESSION • SEP. 12–OCT. 29

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH
6–8 AM <b>OPEN GYM</b> MEMBERS ONLY		6–9 AM <b>OPEN GYM</b> MEMBERS ONLY		6–8 AM <b>OPEN GYM</b> MEMBERS ONLY		6–9 AM <b>OPEN GYM</b> MEMBERS ONLY		6–8 AM <b>OPEN GYM</b> MEMBERS ONLY		7 AM–1 PM <b>OPEN GYM</b> MEMBERS ONLY	
8–10 AM <b>PICKLEBALL (16+)</b>		9–10 AM CLOSED FOR PROGRAMMING		8–10 AM <b>PICKLEBALL (16+)</b>		9–10 AM CLOSED FOR PROGRAMMING		8–10 AM <b>PICKLEBALL (16+)</b>			
10 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY		10:15–10:45 AM <b>SENIOR FIT (16+)</b> \$3 NM		10 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY		10:15–10:45 AM <b>SENIOR FIT (16+)</b> \$3 NM		10 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY			
		11 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY		10 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY		11 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY		10 AM–8 PM <b>OPEN GYM</b> MEMBERS ONLY			
		4–8 PM <b>DROP-IN VOLLEYBALL</b> MEMBERS ONLY									

## GYMNASIUM ACTIVITY GUIDELINES

Please refer to age limits above, in addition to all posted guidelines for activities in the gymnasium. Drop-in fitness classes require advance registration. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration is no longer enabled – you must check with the Welcome Desk to see if space is available.

Here is additional information for specific activities listed above:

- **Open Gym** – These times are designed to be welcoming to all ages. (Kids under 12 must be supervised by an adult at all times.) No full-court basketball may be played during Open Gym.
- **Pickleball** – Doubles or singles play is available. Paddles and balls may be checked out, or bring your own. If no players have checked in for a session 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Drop-In Volleyball** – All skill levels welcome. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.



## The Climbing Wall is Back!

Join us for open climbing Fridays, 5–7:30 PM.

## DROP-IN ART

Join us each week for two hours of creative time. Practice a new skill or make fun projects to take home. We will have a new grab box of materials for each participant to explore and project examples to inspire. Children under the age of 12 must be accompanied by an adult on a Kroc Center membership plan.

**Tuesdays and Thursdays, 5:30–7:30 PM**

**\$3 Members | \$5 Insurance Users (for class supplies)**

September 13 .....Printmaking	September 15 ..... Watercolor
September 20 .....Weaving	September 22 .....Zentangle
September 27..... Jewelry Making	September 29 .....Pastel Drawing
October 4 .....Acrylic Painting	October 6 ..... Monster Stuffies
October 11.....Decoupage	October 13..... Rock Painting
October 18.....Printmaking	October 20..... Watercolor
October 25.....Recycled Art	October 27.....Monster Art

