

AQUATICS SCHEDULE

SUMMER 2 SESSION • AUG. 21 – SEP. 9

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 	6–9:55 AM LAP SWIM 	7–7:55 AM LAP SWIM
9 AM–12 PM RIVER WALKING 	9 AM–12 PM MODIFIED OPEN SWIM & RIVER WALKING 	9 AM–12 PM RIVER WALKING 	9 AM–12 PM MODIFIED OPEN SWIM & RIVER WALKING 	9–10:55 AM RIVER WALKING 	8 AM–12 PM 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 	11 AM–1 PM LAP SWIM 	12–12:55 PM LAP SWIM & RIVER WALKING
1–8 PM POOL & HOT TUB CLOSED	1–8 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	1–3:45 PM OPEN SWIM
		4–4:55 PM LAP SWIM & RIVER WALKING 		4–4:55 PM LAP SWIM & RIVER WALKING 	
		5–7:45 PM OPEN SWIM 		5–7:45 PM OPEN SWIM 	

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.

All activities are free to members and insurance program users, or included with the purchase of a day pass for non-members.

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

- **Open Swim** – All areas, including the water basketball area, lazy river, and toddler play area, may be used during open 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 poolside.
- **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.)
- **Lap Swim** – Where indicated above, the lap pool is open for ages 16+ (or 12+ with a Teen Fit Permit.) 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** – Zero-depth entry area is open for recreational use. Classes may be conducted during this time. Hot tub is available. River and lap lanes may be open when listed, splash pad may be open.
- **Guard Rotation and Breaks** – Each hour during open swim, all members and guests must exit the pool and hot tub for 5 minutes prior to the hour to allow for guard rotation.

ACTIVITY KEY

Look for the following icons to see when your favorite pool activity is available.

- Lap Swim
- River Walking
- Hot Tub
- Splash Pad
- Water Slide
- Lazy River
- Zero-depth Area

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.

GYMNASIUM & ART SCHEDULE



SUMMER 2 SESSION • JUL. 24 – SEP. 9

The gymnasium will be CLOSED from 8:45 AM – Noon the week of July 24–28 for volleyball camp.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH
6–8 AM OPEN GYM		6–10 AM OPEN GYM		6–8 AM OPEN GYM		6–10 AM OPEN GYM		6–8 AM OPEN GYM		7 AM–4 PM OPEN GYM	
8–10 AM PICKLEBALL (16+)				8–10 AM PICKLEBALL (16+)				8–10 AM PICKLEBALL (16+)			
10 AM–8 PM OPEN GYM		10:15–10:45 AM SENIOR FIT (16+)		10 AM–8 PM OPEN GYM		10:15–10:45 AM SENIOR FIT (16+)		10 AM–8 PM OPEN GYM		11 AM–1 PM DROP-IN BASKETBALL	
1–2:30 PM CLOSED FOR PROGRAMMING		1–2:30 PM CLOSED FOR PROGRAMMING				1–2:30 PM CLOSED FOR PROGRAMMING		1–2:30 PM CLOSED FOR PROGRAMMING			
		5–8 PM DROP-IN BASKETBALL				5–8 PM DROP-IN VOLLEYBALL					

Drop-in Painting

Thursdays, 1–3 PM

Join us for some time to paint! We will have multiple options for watercolor, acrylic and tempera paint, and if the weather is nice, we will paint outdoors!

Members.....\$5
Insurance & Day Pass Users
(for class supplies).....\$8

Drop-in Clay

Thursdays, 10 AM–12 PM

Join us to create with clay! The room will be open to ages 5 and up (anyone under 12 must be with an adult.) All ability levels are welcome whether you have never touched clay before or are a seasoned maker. Come back for multiple weeks to enjoy the process and create works of art to take home. Materials included.

Members.....\$8
Insurance users\$11
Non-members*

Ages 11 & under\$19
Ages 12 & older.....\$23

*Includes day pass purchase good for use of all recreation areas.

Tumbling for Dance

Ages 3–5, Tuesdays, 4–4:30 PM

Ages 6–9, Tuesdays, 4:45–5:15 PM

(Free for members, included with the purchase of a day pass for non-members.)

Your child will learn basic tumbling skills to roll into the world of dance. Increasing flexibility and technique with somersaults, bridge and backbend, handstands etc.



GYMNASIUM ACTIVITY GUIDELINES

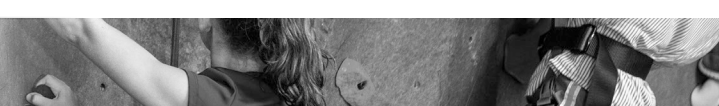
Please refer to age limits above, in addition to all posted guidelines for activities in the gymnasium. Drop-in fitness classes require advance registration. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration 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.) Full-court basketball may be played during open gym on court 1 only.
- **Pickleball** – Doubles or singles play is available. Paddles and balls may be checked out, or bring your own. Other activities may take place on courts that are not actively in use.
- **Drop-In Basketball** – All skill levels welcome. Players are encouraged to form teams and self-regulate play. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Drop-In Volleyball** – All skill levels welcome. Players are encouraged to form teams and self-regulate play. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.

Join us for
open climbing!

Fridays..... 5–7:30 PM
Saturdays..... 1–3 PM



FITNESS SCHEDULE

SUMMER 2 SESSION • JUL. 24 – SEP. 9

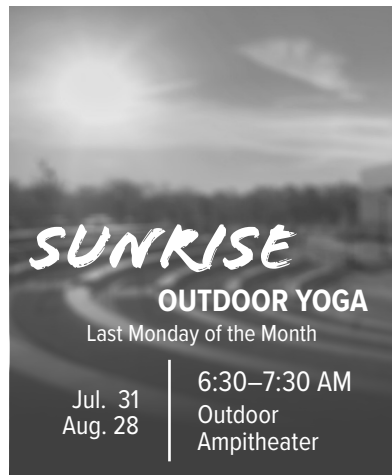
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
A 6-7 AM BODYBALANCE VIRTUAL	B 6-6:30 AM GRIT ATHLETIC VIRTUAL	A 6-6:30 AM LES MILLS SPRINT PATRICK	B 6-6:45 AM SH'BAM VIRTUAL	A 6-6:30 AM LES MILLS CORE VIRTUAL	B 6-7 AM BODYCOMBAT PATRICK	A 6-6:45 AM CYCLE PATRICK	B 6-6:30 AM GRIT Cardio VIRTUAL	B 6-6:45 AM BODYPUMP ROTATION	B 7:45-8:45 AM BODYPUMP SUZANNE
A 7:15-8:15 AM BODYCOMBAT VIRTUAL		B 7-7:30 AM LES MILLS GRIT Athletic VIRTUAL		A 7:15-8 AM SH'BAM VIRTUAL		B 8-9 AM BODYBALANCE VIRTUAL		B 6:45-7:15 AM BODYCOMBAT VIRTUAL	
B 9-10 AM SPRINT/ BODYPUMP ROTATION	W 9-9:45 AM WALK THIS WAY CHRIS	B 9-10 AM YOGA NANCY	A 9-9:45 AM SH'BAM VIRTUAL	O 9-10 AM SUMMER SWEAT SESH VICTORIA	W 9-9:45 AM WALK THIS WAY CHRIS	A 9-9:45 AM BOOT CAMP NANCY		B 9-10 AM BODYPUMP ANN	A 9-10 AM CYCLE STRENGTH ROTATION
A 9:45-10:45 AM BODYBALANCE VIRTUAL		W 9-9:30 AM TAI CHI CHRIS	W 9:30-10 AM GERI FIT CHRIS	W 10-11 AM DRUM FIT CHRIS	A 10-11 AM INTRO JAZZ VAL	W 9-9:30 AM TAI CHI CHRIS	W 9:30-10 AM GERI FIT CHRIS	A 9:30-10:30 AM BODYBALANCE VIRTUAL	
W 10-11 AM DRUM FIT CHRIS	A 10:15-11:15 AM BODYCOMBAT VIRTUAL	G 10:15-10:45 AM SENIOR FIT NANCY	B 10:15-11 AM BODYPUMP VIRTUAL		A 10:15-10:45 AM LES MILLS CORE VIRTUAL	G 10:15-10:45 AM SENIOR FIT NANCY	B 10:15-10:45 AM LES MILLS GRIT Athletic VIRTUAL		
W 11 AM-12 PM DRUM FIT CHRIS	B 11-11:45 AM SENIOR YOGA NANCY		W 11 AM-12 PM DRUM FIT CHRIS		B 11-11:45 AM SENIOR YOGA NANCY		A 11 AM-12 PM YOGA/BODYBALANCE ROTATION		
B 12-1 PM BODYBALANCE VIRTUAL	B 12-12:30 PM LES MILLS SPRINT VIRTUAL	B 12-12:30 PM LES MILLS CORE KRISTY		B 12-12:30 PM BODYCOMBAT VIRTUAL		B 12-12:45 PM BODYPUMP VIRTUAL		EXPRESS CLASSES	
B 4-4:30 PM BODYCOMBAT VIRTUAL	B 4-4:45 PM BODYPUMP VIRTUAL	B 4-4:30 PM LES MILLS GRIT Athletic VIRTUAL		B 4-4:45 PM SH'BAM VIRTUAL		B 4-4:30 PM LES MILLS CORE VIRTUAL		EXPRESS CLASSES	
A 5:15-5:45 PM LES MILLS SPRINT VIRTUAL	A 5:30-6:30 PM CONTEMPORARY DANCE VAL		A 6-6:45 PM BODYCOMBAT ANN		B 5:45-6:45 PM BODYCOMBAT VIRTUAL		B 4:30-5:15 PM SH'BAM VIRTUAL		
A 6-7 PM ZUMBA MARGARITA	B 6:15-7 PM LES MILLS GRIT VICTORIA		B 6-7 PM BODYPUMP ERIN		A 6-7 PM ZUMBA MARGARITA				
B 6-7 PM BODYPUMP ROTATION	W 6:15-7:15 PM YOGA MEGAN				B 6-6:30 PM LES MILLS GRIT Cardio VIRTUAL				

All drop-in classes are \$3 for insurance program users, or included with the price of a day pass for non-members. Advance registration is encouraged, as capacities are limited.



**Summer
SWEAT
'sesh'**

Wednesdays, 9-10 AM
Located in the Outdoor Amphitheater
Replaces the existing BodyBalance class



**SUNRISE
OUTDOOR YOGA**
Last Monday of the Month

Jul. 31
Aug. 28

6:30-7:30 AM
Outdoor
Amphitheater

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+
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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
F	= Fireside
G	= Gymnasium
W	= WPAC
O	= Outdoor Amphitheater