

## Class Descriptions

**Aquafit**— This group exercise class emphasizes strengthening and shaping as well as providing a cardiovascular workout. A variety of aerobic moves such as: squats, lunges, water walking, jacks, jogging and skis make up the cardiovascular portion of the class.

**Arthritis**—This class is held every Tuesday and Thursday 's from 2:00 pm until 2:55 pm. The classes are designed to maintain mobility.

**Adult Open Swim**— Lap swim times are available every day. Adults over the age of 18 may swim when there is no other activity in the pool. There is no lap swimming during Aquafit or Arthritis Classes. Lap swimming during swim lessons is allowed upon the discretion of the instructor.

**Family Swim**—Friday, Saturday, and Sunday evenings the pool is open for family swim. See schedule for times. Adults must accompany children. Family Swim Only Memberships are available. Children are only allowed in the pool during family swim times and when participating in swim lessons. Children must use pool area locker rooms. Family Swim Guest Fees are \$15.00 for Adult and \$3.00 for Children.

**Swim Lessons**—Infant and Toddler Classes are offered as well as Red Cross Levels from 1-6 Instructor to student Ratio as low as 1-4 . Call the pool office at 586-7777 for more information.

**Private Swim Lessons**—Adult (members only) and Children Swim Lessons are available. These lessons are held during **Adult Open Swim** times. Please contact Gail Buckner

**Summer Swim Lessons**— In the month of July and into mid August children swim lessons will be held from 10:00 to 12:50 pm. During this time the pool will be closed for lessons only.



# Pool Schedule

Effective: September 29, 2009

## 20—YARD INDOOR POOL

- Water kept at 89 degrees.
- Salt Pure® Water
- 3 1/4 to 4 1/2 feet deep.
- Adjoining locker rooms.
- Weekend Family Swim Times
- Adult Whirlpool and Sauna
- *Adult Open Lap Swim*
  - \* \* *Private lessons possible*
  - \* *"As available" -Lane will be open at the discretion of the lifeguard.*

Pool Director —Gail Buckner  
Assistant Pool Director—Anne Hossenlopp

**penfield**  
FITNESS & RACQUET CLUB



## POOL SCHEDULE - Sept 29, 2009

### Monday

5:30 am—8:10 am Adult Open Swim  
8:15 am—9:00 am Aquafit  
9:05 am—9:25 am Adult Open Swim  
9:30 am—10:25 am Aquafit  
10:30 am - 1:55 pm Adult Open Swim \*\*  
2:00 pm—2:50 pm Aquafit  
2:55 pm— 3:30 pm Adult Open Swim  
3:30 pm- 5:45 pm Children's Swim Lessons \*  
6:00 pm—6:50 pm Aquafit  
6:55 pm - 7:30 pm Aqua Pre-natal  
7:35 pm - 10:45 pm Adult Open Swim

### Tuesday

5:30 am—9:30 am Adult Open Swim \*\*  
9:30 am-10:45 am Children's Swim Lessons \*  
10:45 am-1:55 pm Adult Open Swim  
2:00 pm-2:55 pm Arthritis  
3:00 pm—4:45 pm Adult Open Swim  
**4:45 pm—5:25 pm AquaPump \*** / one lane open  
5:30 pm—6:25 pm Aquafit  
6:30 pm—7:45 pm Children's Swim Lessons  
7:45 pm—10:45 pm Adult Open swim \*\*

### Wednesday

5:30 am—8:10 am Adult Open Swim  
8:15 am—9:00 am Aquafit  
9:05 am—9:25 am Adult Open Swim  
9:30 am—10:25 am Aquafit  
10:30 am— 1:55 pm Adult Open Swim \*\*  
2:00 pm—2:50 pm Aquafit  
2:55 pm—3:30 pm Adult Open Swim  
3:30 pm - 5:45 pm Children's Swim Lessons \*  
6:00 pm—6:50 pm Aquafit  
6:55 pm - 8:00 pm Children's Swim Lessons  
8:00 pm—10:45 pm Adult Open Swim \*\*

### Thursday

5:30 am—8:15 am Adult Open Swim  
8:15 am—9:00 am **Water Yoga**  
9:05 am - 9:30 am Adult Open Swim  
9:30 am—10:45 am Children's Swim Lessons \*  
10:45 am—1:55 pm Adult Open Swim \*\*  
2:00 pm—2:55 pm Arthritis  
3:00 pm—5:25 pm Adult Open Swim \*\*  
5:30 pm—6:25 pm Aquafit  
6:30 pm - 8:15 pm Children's Swim Lessons  
8:15 pm—10:45 pm Adult Open Swim

### Friday

5:30 am—8:10 am Adult Open Swim  
8:15 am—9:00 am Aquafit  
9:05 am—9:30 am Adult Open Swim  
9:30 am—10:25 am Aquafit  
10:30 am - 11:45 am Children's Swim Lessons \*  
11:45 am—4:00 pm Adult Open Swim  
4:00 pm— 6:00 pm Family Swim  
6:00 pm—7:00 pm Adult Open Swim  
7:00 pm— 9:00 pm Family Swim

### Saturday

7:00 am—8:55 am Adult Open Swim  
9:00 am—9:55 am Aquafit  
10:00 am - 1:30 pm Children's Swim Lessons  
1:30 pm - 4:00 pm Adult Open Swim \*\*  
**4:00 pm - 6:00 pm Family Swim**  
**6:00 pm - 8:45 pm Adult Open Swim**

### Sunday

7:00 am—8:55 am Adult Open Swim  
9:00 am—9:55 am Aquafit  
10:00 am—10:20 am Adult Open Swim  
10:25 am - 1:15 pm Children's Swim Lessons  
1:15 pm - 4:00 pm Adult Open swim \*\*  
**4:00 pm—6:00 pm Family Swim**  
**6:00 pm—8:45 pm Adult Open Swim**

