

# MAY 20 - 26

# POOLS SCHEDULE



**PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING IN TO THE FACILITY. THERE WILL BE NO ONLINE OR PHONE-IN REGISTRATION**

## FITNESS POOL

|                                       | MONDAY                                  | TUESDAY   | WEDNESDAY  | THURSDAY                                      | FRIDAY                                 | SATURDAY                                 | SUNDAY                          |
|---------------------------------------|---|---|--|---|--|--|---------------------------------|
| 9:00AM                                | <b>AQUA</b><br>Anna                     | <b>AQUA:<br/>FIT &amp; STRETCH</b><br>Heidi                 | <b>AQUA</b><br>Anna                                |   | <b>AQUA</b><br>Margarita               | <b>AQUA</b><br>Carol                     |                                 |
| 10:00AM                               |   | <b>AQUA: YOGA</b><br>Heidi                                  |  |   |  |  |                                 |
| LESSONS                               | <b>NO SWIM<br/>LESSONS</b>              | <b>3:30-6:30PM</b>  | <b>2 - 5PM</b>                                     | <b>10 - 11AM &amp;<br/>3:30-6:30PM</b>        | <b>NO SWIM<br/>LESSONS</b>             | <b>10AM - 12PM</b>                       | <b>NO SWIM<br/>LESSONS</b>      |
| <i>first<br/>come/first<br/>serve</i> | <b>OPEN USE</b><br>5-9AM, 10AM - 8:30PM | <b>OPEN USE</b><br>5-9AM, 11AM -<br>3:30PM &<br>6:30-8:30PM | <b>OPEN USE</b><br>5-9AM, 10AM - 2PM &<br>5-8:30PM | <b>OPEN USE</b><br>5AM - 3:30PM &<br>6-8:30PM | <b>OPEN USE</b><br>5-9AM & 10AM-8:30PM | <b>OPEN USE</b><br>7-9AM & 12PM - 6:30PM | <b>OPEN USE</b><br>8AM - 6:30PM |

**AQUA:** A ONE HOUR WATER EXERCISE PROGRAM IN THE FIT POOL.

**AQUA: FIT & STRETCH** - IS A LOW IMPACT WATER AEROBIC CLASS AND WILL CHALLENGE ALL MAJOR MUSCLE GROUPS AND LEAVE YOU FEELING STRONGER, MORE FLEXIBLE AND VERY REFRESHED!

**AQUA: YOGA** - THIS UNIQUE STYLE OF YOGA IS PERFORMED IN OUR WARM FITNESS POOL. MEDITATIVE MOVEMENT, BREATH PRACTICES AND FLOW ARE ALL EXPERIENCED IN THE RELAXING, BUOYANT ENVIRONMENT OF WATER.

*THE FITNESS POOL IS AVAILABLE FIRST COME FIRST SERVED DURING OPEN USE HOURS.*

## LAP POOL

|                 | MONDAY                                      | TUESDAY  | WEDNESDAY                           | THURSDAY   | FRIDAY                              | SATURDAY   | SUNDAY                              |
|-----------------|---|--|-------------------------------------|--|-------------------------------------|--|-------------------------------------|
| 8:30AM          |   | <b>LAP SWIM W/O</b><br>Dania                             |                                     | <b>LAP SWIM W/O</b><br>Dania                             |                                     |  |                                     |
| 9:00AM          |   |  |                                     |  |                                     | <b>LAP SWIM W/O</b><br>Don                         |                                     |
| LESSONS         |   | <b>SWIM LESSONS</b><br>3:30 - 5:00PM<br>LANES 1, 2, 3, 4 |                                     | <b>SWIM LESSONS</b><br>3:30 - 5:00PM<br>LANES 1, 2, 3, 4 |                                     |  |                                     |
| 5:30PM          | <b>LAP SWIM W/O</b><br>Joe<br>LANES 2, 3, 4 |  |                                     |  |                                     |  |                                     |
| RESERVE<br>LANE | <b>RESERVATIONS</b><br>5AM - 8:30PM         | <b>RESERVATIONS</b><br>5AM - 8:30PM                      | <b>RESERVATIONS</b><br>5AM - 8:30PM | <b>RESERVATIONS</b><br>5AM - 8:30PM                      | <b>RESERVATIONS</b><br>5AM - 8:30PM | <b>RESERVATIONS</b><br>7-9AM &<br>10:30AM - 6:30PM | <b>RESERVATIONS</b><br>8AM - 6:30PM |

### LAP SWIM W/O:

A COACHED LAP SWIM WORKOUT (W/O). ALL AGES AND LEVELS WELCOME.

**POOL LANES ARE CLOSED FOR NON-CLASS PARTICIPANTS DURING THESE HOURS.**

### LAP POOL RESERVATIONS:

- THE LAP POOL IS AVAILABLE FOR USE BY RESERVATION ON THE FREE NAPA HEALTHQUEST APP. VISIT THE FRONT DESK FOR HELP WITH USERNAME AND PASSWORD SET UP.

**HEALTHQUEST OFFERS TWO SWIMMING POOLS, EACH WITH A DIFFERENT FUNCTION.**

OUR LARGER POOL IS A 25 YARD **LAP POOL** AND IS KEPT BETWEEN 77 AND 79 DEGREES, THE PERFECT TEMPERATURE FOR SWIM EXERCISE. WE OFFER SEVERAL PROGRAMS IN THIS POOL, HOWEVER, IF YOU DO NOT WISH TO PARTICIPATE IN THE PROGRAMMING, PLEASE CHECK THE SCHEDULE FOR OUR OPEN SWIM TIMES.

OUR SMALLER **FIT POOL** IS COVERED AND KEPT AT A WARMER TEMPERATURE MAKING IT PERFECT FOR REHABILITATIVE EXERCISE AND CHILDREN'S SWIM LESSONS.

THIS POOL SCHEDULE CHANGES ON A MONTHLY BASIS.