



# Aquatics Schedule

January 2012

Katie & Irwin Kahn Jewish Community Center



## MONDAY

### CLASS

### INSTRUCTOR

5:00am - 8:30am	Lap Swimming	
8:45am - 9:45am	High Intensity	Kathy Hentschel
10:00am - 11:00am	Open Swim	
11:00am - 12:00pm	Senior Water Fitness	Barbara Graham
12:00pm - 1:00pm	Advanced Senior Water Fitness	Barbara Graham
1:15pm - 5:30pm	Family Swim	
5:30pm - 6:30pm	Water Fitness	Pat Vinson
6:45pm - 9:00pm	Family Swim	

## THURSDAY

### CLASS

### INSTRUCTOR

5:00am - 8:30am	Lap Swimming	
8:45am - 9:45am	Interval/Deep Water	Jacci Sicker
10:00am - 11:00am	Open Swim	
11:00am - 12:00pm	Senior Water Fitness	Barbara Graham
12:00pm - 1:00pm	Shape Up & Water Train	Barbara Graham
1:15pm - 4:30pm	Family Swim	
4:30pm - 5:30pm	Jaws Stroke Clinic	Geoff & Emily
5:30pm - 6:30pm	Aqua Interval	Anne Turner
6:45pm - 9:00pm	Family Swim	

## TUESDAY

### CLASS

### INSTRUCTOR

5:00am - 8:30am	Lap Swimming	
8:45am - 9:45am	High Intensity	Jacci Sicker
10:00am - 3:00pm	Family Swim	
3:00pm - 4:00pm	Advanced Senior Water Fitness	Barbara Graham
4:30pm - 5:30pm	Jaws Stroke Clinic	Geoff & Emily
5:30pm - 6:30pm	Strong to the Core	Kathy Hentschel
6:45pm - 9:00pm	Family Swim	

## FRIDAY

### CLASS

### INSTRUCTOR

5:00am - 8:30am	Lap Swimming	
8:45am - 9:45am	Twist & Shout!	Kathy Hart
10:00am - 3:00pm	Family Swim	
3:00pm - 4:00pm	Advanced Senior Water Fitness	Barbara Graham
4:15pm - 5:15pm	Hydro Happy Hour	Barbara Bracey

## WEDNESDAY

### CLASS

### INSTRUCTOR

5:00am - 8:30am	Lap Swimming	
8:45am - 9:45am	Deep Water Fitness Hour	Barbara Graham
10:00am - 11:00am	Mind & Body	Barbara Graham
11:00am - 11:55am	Walking 4 Fitness	Barbara Graham
12:00pm - 5:30pm	Family Swim	
5:30pm - 6:30pm	High Intensity	Kathy Hentschel
6:45pm - 9:00pm	Family Swim	

## SATURDAY

### CLASS

### INSTRUCTOR

8:00am - 9:00am	Open Swim	
9:15am - 10:15am	Aerobic & Stengthening Mix	Carole Siegfried
10:30am - 5:30pm	Family Swim	

## SUNDAY

### CLASS

### INSTRUCTOR

8:00am - 3:00pm	Family Swim	
4:00pm - 5:00pm	High Intensity	Keisha Long
5:00pm - 5:30pm	Family Swim	

**Notes: JCC Holiday Hours- Jan. 1 8am-4pm**



# Aquatics Schedule

January 2012

You belong here.



## CURRENT CLASS DESCRIPTIONS

*Class Schedules are subject to change without notice. We cannot guarantee it, but will attempt to post notices of cancellations. Please consult your physician before any exercise program. Please inform instructor of any physical limitations prior to working out. Thank you for your understanding.*

### **Lap Swim**

A time for lap swimmers to come and work-out for health and fitness. All of the lap lanes are in the pool for your use at this time.

### **Water Fitness**

A sixty minute workout that combines aerobic conditioning and muscular endurance.

### **Senior Water Fitness**

A work out to target balance and muscular endurance for all the major muscle groups of the upper and lower body, as well as the abdominals. Keep your range of motion and function with a total body stretch while enjoying the relaxation properties of the water.

### **Advanced Senior Water Fitness**

A work out that will integrate a variety of cardiovascular movements, as well as strengthening exercises for the weak major muscle groups along with flexibility exercises for tight muscles.

### **Walking 4 Fitness**

A great low impact workout utilizing walking patterns and progressions for a total body workout that avoids momentum and torque on the joints.

### **High Intensity**

A workout of high intensity aerobics which can include being suspended in the water, making for a more challenging workout.

### **Aqua Interval**

Interval training challenges participants through timed bouts of moderate and intense exercise.

### **Family Swim**

Everyone is welcome to swim and play during this open swim time!

### **Deep Water Fitness Hour**

A sixty minute workout being suspended in deep water using water aerobic belts or noodles. Program is designed to strengthen muscles, promote flexibility, provide conditioning and build endurance. Plus lots of cardio w/ no impact!

### **Interval/Deep Water**

A sixty minute workout that combines being suspended in deep water using water aerobic belts or noodles and interval training in shallow water.

### **Twist & Shout Water Workout**

A fun, full body water workout from head to toe!

### **Mind & Body Fitness**

Instructor's choice with mindful movements of Tai Chi, Yoga, and Pilates in shallow water. A complete work out for the body and the mind with soothing music.

### **Aerobic & Strengthening Mix**

A mixture of aerobic and strength training using the resistance of the water and other tools such as bands, water dumbbells, etc.

### **Strong to the Core**

Strengthen your abdominals with this tough workout focusing primarily on your core muscles!

### **Hydro Happy Hour**

Start your weekend with a lively water fitness class. Music you will want to move and groove to.

### **Jaws Stroke Clinic**

The JCC Jaws Stroke Clinic prepares children for the world of competitive swimming. Each class will be split into two parts, intermediate and advanced. There will be two instructors for each class. Registration is required for this program. Sessions run monthly.

### **Shape Up & Water Train**

This class is for anyone and will utilize a mixture of working positions to prevent impact on the joints when submerged. These positions provide for an effective work out in terms of strengthening and stabilizing the joints in addition to lots of cardio.

**There will always be at least one lane available for lap swimming during scheduled classes.**

**Classes with an average of 6 or less participants are subject to change.**

**Lightning and /or thunder may necessitate an inclement weather break of 20 minutes away from the pool area.**

### Lindsay Agostini

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### Aquatic Center Hours

Mon –Thu: 5:00AM to 9:00PM

Friday: 5:00AM to 5:30PM

Sat-Sun: 8:00AM to 5:30PM