

December Pool Schedule

Revised 11/2/17

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	Lap Pool	Leisure	Lap Pool	Leisure	Lap Pool	Leisure	Lap Pool	Leisure	Lap Pool	Leisure		
5:30 AM	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		Pool Closed	Pool Closed
6:00	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim			
7:00	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		Pool Closed	Pool Closed
8:00	AQUA-FIT (Flo) 8:00-8:50		AQUA-Zumba (Flo) 8:00-8:50		AQUA-FIT (Flo) 8:00-8:50		AQUA-Zumba (Flo) 8:00-8:50		AQUA-FIT (Flo) 8:00-8:50			
8:30											Pool Closed	Pool Closed
9:00	DYNAMIC AQUA FITNESS (Michael)				DYNAMIC AQUA FITNESS (Michael)				DYNAMIC AQUA FITNESS (Kortney)			
9:30											Kayakers	Kayakers
10:00												
10:30											Kayakers	Kayakers
11:00												
11:30			SILVER SNEAKERS SPLASH (Flo) 11:30am-12:30pm				SILVER SNEAKERS SPLASH (Flo) 11:30am-12:30pm				OPEN SWIM	OPEN SWIM
Noon												
12:30											OPEN SWIM	OPEN SWIM
1:00												
2:00	OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM	OPEN SWIM
3:00												
4:00											OPEN SWIM	OPEN SWIM
5:00												
5:30	**Swim Lessons** 5:30p-7:00p <u>POOL CLOSED</u>				**Swim Lessons** 5:30p-7:00p <u>POOL CLOSED</u>						Kayakers	Kayakers
6:00												
6:30			SLIM, TRIM, TONE Flo 6:00p-6:50p				SLIM, TRIM, TONE Flo 6:00p-6:50p				Kayakers	Kayakers
7:00	Swim Team 7pm - 8pm <u>Lap Pool Closed</u>				Swim Team 7pm - 8pm <u>Lap Pool Closed</u>							
7:30											Pool Closed at 7:30pm	Pool Closed at 5:30pm
8:00												
8:30	Pool Closed at 8:30pm											

Revised 3/29/2017

Aqua-fit

This water workout uses water resistance movements to improve cardiovascular fitness, muscular endurance, range-of-motion and flexibility. No swimming ability is required.

Aqua Zumba

Various Latin American/international rhythms and dances are modified and adapted to the aquatic environment without losing the fun Zumba identity and flavor in this class to Aqua Zumba.

Dynamic Aqua Fitness

A combination of deep and shallow water workouts to improve cardiovascular fitness and endurance, muscle tone, joint mobility, and mind/body coordination.

Silver Sneakers Splash

Activate your aqua urge for variety! Silver Sneakers Splash offers fun and shallow water movement to improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. No swimming ability is required.

Slim, Trim & Tone

Slim, Trim & Tone uses shallow and deep water, is a mild intensity workout and tones abs thighs and underarms.

Kayakers

For convenience, this has been added to the schedule to make patrons aware that kayakers will be using the lap pool on Sunday mornings and evenings. The pool will remain open, but there is possibility for a large patron load. Starting November 6th until further notice

Swim Team/Competitive Conditioning

This is a competition level conditioning class for ages 6-18 years old.

Swim Lessons

Our swim lesson program will help lay foundations for developing water competency. Throughout the levels, children and adults will learn skills such as bobbing, floating and recovering, specific strokes, and more! Each class is loaded with enjoyable, engaging and challenging activities that motivate children and adults to learn to swim. ***Sessions run monthly. Each \$45 session has 8 classes for 30 minutes.***

Private/Semi Private Lessons

Lessons tailored to swimmers ability and availability. Private Lessons \$93 for eight 30 minute sessions. Semi Private Lessons minimum of 2 swimmers, maximum of 6 swimmers. \$55 per swimmer for eight 30 minute sessions (all swimmers must have compliable ability)

Grandview Sharks Swim Team

Competitive Swim Team that competes against Lees Summit, Liberty and Gladstone.

