

WINTER 2012 POOL SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00-6:30am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim				
6:30-7:15 am			Wake Up Workout							
7:15-9:00am			Open Swim							
9:00-9:45 am	SilverSneakers® SilverSplash	Gentle Waves	SilverSneakers® SilverSplash	Gentle Waves	SilverSneakers® SilverSplash					
9:45-10:30am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim					
10:30-11:00 am								Active Aging Aqua		
11:00 am-2:30pm								Open Swim		
2:30-3:00 pm								NeuroFit Aqua	NeuroFit Aqua	
3:00-4:00 pm								Open Swim	Open Swim	
4:00-4:45 pm								Deep Water Exercise	Whole Body Conditioning	
4:45-5:30pm						Open Swim	Open Swim	Open Swim		
5:30-6:15 pm									Whole Body Conditioning	Deep Water Exercise
6:15-9:00 pm									Open Swim	Open Swim

Enjoy classes, therapy and open swim times in the warm water pool for fun and stress-free exercise at The Hustad Aquatic Center! Ever-evolving programs and services include:

- **[SilverSneakers®-SilverSplash](#)** - Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.
- **[Gentle Waves](#)** – Gentle exercise class focusing on stretching and ROM exercises to decrease muscle soreness and improve flexibility to allow for greater movement. This class is ideal for those with arthritis or other joint mobility issues.
- **[Whole Body Conditioning](#)** – This class is a moderate intensity and will primarily take place in the shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.
- **[Deep Water Exercise](#)** - A fun, high tempo class that takes place primarily in the deep water of the pool. Participants will challenge their core through suspended training and work on building strength and cardio endurance through water resistance.
- **[NeuroFit Aqua](#)** - This class is for current NeuroFit participants who want to experience the benefits of the warm water in addition to the regular class. Class will include water walking and NeuroFit core components in the pool.
- **[Active Aging Aqua](#)** – Entry level small group pool class designed for residents or deconditioned participants who are able to exercise without one-to-one assistance. This class is set at a slow pace, includes breaks and covers basic pool exercises.
- **[Wake Up Workout](#)** – Jump start your morning with this fun, high intensity pool class. A variety of flexibility, strength, and cardio exercises will add variety and challenge in both the shallow and deep water. Come get your workout in early and feel great the rest of the day!
- **[Physical Therapy](#)** – Patients may experience higher levels of success by incorporating aquatic physical therapy into their pre-surgical therapy/education, post surgery care, or therapy for post-acute or chronic conditions. Highly skilled therapists offer numerous treatment approaches and programming for all therapeutic needs and are conducted in a personalized, one-to-one setting.

Open swim for water walking and lap swimming is available outside of scheduled class times.
Children are allowed in the pool only during designated family swim events.

