

# AQUATIC GROUP EXERCISE

## Lap Pool Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15-6:00AM</b> Lanes Available	4	4	4	4	4	<b>Pool Opens 7:00 AM</b>	
<b>6:00-8:15AM</b> Lanes Available	4	4	4	4	4	4	
<b>8:00-9:00AM</b> Lanes Available	<b>Aqua Splash</b> 2	<b>Aqua Splash</b> 2	<b>Aqua Splash</b> 2	<b>Aqua Splash</b> 2	<b>Aqua Splash</b> 2	4	
<b>9:15-10:00AM</b> Lanes Available	4	4	4	4	4	4	
<b>10:00-11:00AM</b> Lanes Available	<b>H<sub>2</sub>O BC</b> 1	4	<b>H<sub>2</sub>O BC</b> 1	4	<b>H<sub>2</sub>O BC</b> 1	4	
<b>11:00-1:15 PM</b> Lanes Available	4	4	4	4	4	4	<b>Pool Opens 1:00 PM</b>
<b>1:15-3:30 PM</b> Lanes Available	4	4	4	4	4	4	4
<b>3:30-5:30 PM</b> Lanes Available	<b>MAKOS</b> *1	4	<b>MAKOS</b> *1	4	<b>MAKOS</b> *1	<b>Pool Closes 4:45 PM</b>	<b>Pool Closes 5:45 PM</b>
<b>5:30-6:00 PM</b> Lanes Available	4	4	4	4	4	**Please note that lap pool may be used for swim lessons if necessary.  ***Classes must maintain 6 participants consistently or will be subject to change or cancellation.  <b>PLEASE WEAR APPROPRIATE CLOTHING IN POOL. NO LOTIONS , OILS , or PERFUME.</b>	
<b>6:00-6:45 PM</b> Lanes Available	<b>H<sub>2</sub>O Robics</b> 2	<b>Aqua Splash</b> 2	<b>H<sub>2</sub>O Robics</b> 2	<b>Aqua Splash</b>			
<b>6:45-7:45PM</b> Poo pm	4	4	4	4	4		

**Aqua Splash**-Just add water & shake! Have fun & shake off the calories in this 45 min. cardio dance class in the water.  
**H<sub>2</sub>O BC** (Bootcamp)-A 45 min. high-paced & fun workout combining

**H<sub>2</sub>O Robics** – 45 mins. Of cardio exercise with toning intervals utilizing equipment to burn calories & increase endurance!

## Therapy Pool Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00-8:45 AM</b>						<b>Pool Opens @ 7:00am</b>	
<b>8:30-9:15 AM</b>						<b>Family Time 10:00am-4:30pm</b>	
<b>9:00-9:45 AM</b>	<b>Gentle Currents</b>		<b>Gentle Currents</b>		<b>Gentle Currents</b>		
<b>10:15-11:45AM</b>							
<b>12:00-2:00 PM</b>							<b>Pool Opens @ 1:00pm</b>
<b>2:00-2:45 PM</b>							
<b>4:30-7:30 PM</b>						<b>Pool Closes 4:30pm</b>	<b>Family Time 1:00-5:30pm</b>
<b>5:15-6:00 PM</b>		<b>Gentle Currents</b>		<b>Gentle Currents</b>			<b>Pool Closes 5:30pm</b>
<b>6:00-7:45 PM</b>	<b>Family Swim 6pm-8pm</b>	<b>Family Swim 6pm-8pm</b>	<b>Family Swim 6pm-8pm</b>	<b>Family Swim 6pm-8pm</b>	<b>Family Swim 6pm-7:30pm</b>		

**Gentle Currents** - 45 min. of light movements and low intensity exercises to increase flexibility, mobility, strength, and range of motion.

# POOL RULES

- Lifeguards are only available during designated family times. At other times, please use the pools at your own risk. **NO CHILDREN 12 & UNDER UNLESS IT IS FAMILY TIME!**
- Appropriate swimwear must be worn in the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room. (Lycra, Polyester & Nylon are the only acceptable fabrics.)
- Please shower before entering the lap pool, therapy pool, whirlpool, cold plunge, sauna and steam room.
- Food & drink are not allowed in the pool or on the pool deck or other wet areas.
- Please avoid using any electrical equipment around the pools.
- Please use caution when walking; pool deck may be slippery.
- Please use handrails when entering and exiting pools.
- No running, jumping, diving or horseplay in the pool or on the pool deck.
- No hanging on lane-lines in lap pool or safety rope in the therapy pool.
- No walking on pool deck with flippers on.
- Kickboards, buoys, fins, and water fitness equipment are for instructional use and swimmers only.
- Aquatic classes and swim lessons are held in both lap and therapy pools. Please refer to our aquatic schedule for class days and times.
- Spitting, spouting or nose-blowing are not allowed in the pool.
- Persons with communicable diseases are not allowed in the pool. These include any open wounds or sores that might expose bodily fluid to the water.
- The pool(s) will close 12-24 hours for removal and disinfection whenever fecal matter, blood, or vomit is observed.
- **NO CELL PHONES IN POOLS, WHIRLPOOLS, OR COLD PLUNGES. NO PICTURES OR VIDEOS MAY BE TAKEN.**

All other rules enforced by pool staff must be obeyed!

## **Teens ages 13 - 15**

- Members ages 13-15 are welcome to swim and use the whirlpool, cold plunge, sauna and steam room at any time but must have direct parental supervision (age 18 & older).  
Members ages 13-15 may become certified to swim without adult supervision (age 18 & older) through the Teen Fitness Program. The adult supervisor, who assumes full responsibility of the teen, must be present at all times within the Healthplex.

## **Children ages 12 & under**

- Children 12 years and under are not allowed in the lap pool, whirlpools, cold plunges, steam rooms or saunas at any time.
  - Children 12 years and under are welcome to swim in the therapy pool but only during designated family time hours with direct adult supervision (18 & older).
  - Swim belts are recommended for children 12 and under who do not swim proficiently.
- Children who are not toilet-trained and are less than four years old may swim but must wear a swimsuit diaper. Cloth or disposable diapers are not accepted. Plastic pants are recommended over swim diaper. 30 minute bathroom breaks are enforced to avoid accidents.

**Baptist**  
HEALTHPLEX

MISSISSIPPI COLLEGE

For questions please contact Memrie Rounsaville, Aquatic Director, @ 601-925-7946