

AQUATIC GROUP EXERCISE

Lap Pool Schedule

| Class Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-----------------------------------|--------------------------|-----------------------------------|--------------------------|-------------------------------|--|------------------------|
| 5:15-6:00AM Lanes Available | 4 | 4 | 4 | 4 | 4 | Pool Opens 7:00 AM | |
| 6:00-8:15AM Lanes Available | 4 | 4 | 4 | 4 | 4 | 4 | |
| 8:15-9:00AM Lanes Available | 4 | 4 | 4 | 4 | 4 | 4 | |
| 9:15-10:00AM Lanes Available | 4 | Aqua Pilates 2 | 4 | Aqua Pilates 2 | 4 | 4 | |
| 10:00-11:00AM Lanes Available | H₂O BC 1 | Aqua Zumba 2 | H₂O BC 1 | Aqua Zumba 2 | H₂O BC 1 | 4 | |
| 11:00-1:15 PM Lanes Available | 4 | 4 | 4 | 4 | 4 | 4 | Pool Opens 1:00 PM |
| 1:15-3:30 PM Lanes Available | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 3:30-5:30 PM Lanes Available | MAKOS *1 | 4 | MAKOS *1 | 4 | MAKOS *1 | Pool Closes 4:45 PM | Pool Closes 5:45 PM |
| 5:30-6:00 PM Lanes Available | 4 | 4 | 4 | 4 | 4 | *Lane availability limited due to Makos Swim Team. **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. PLEASE WEAR APPROPRIATE CLOTHING IN POOL. | |
| 6:00-6:45 PM Lanes Available | H₂O Robics 2 | Aqua Zumba 2 | H₂O Robics 2 | Aqua Zumba 2 | 4 | | |
| 6:45-7:45PM Lanes Available | 4 | 4 | 4 | 4 | 4 | | |
| Pool Closes 7:45pm Lanes Available | | | | | | NO LOTIONS , OILS , or PERFUME. | |

Aqua Zumba®- Just add water and shake! Have fun and shake off the calories in this 45 min. cardio dance class in the water.
H₂O BC (BOOTCAMP)- A 45 minute, high-paced and fun workout combining cardio and toning.

Aqua Pilates- Start with moderate intensity cardio followed by Pilates and Stretch movements.
H₂O 'Robics/ Wakeup- 45 min. of cardio exercises with toning intervals utilizing equipment to burn calories and increase endurance!

Therapy Pool Schedule

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

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.



MISSISSIPPI COLLEGE

For questions or comments concerning group exercise, please call Program Director, Brandi Risher@ 601-925-7946.