### **AQUATICS WEEKLY SCHEDULE**

### MONDAY

AQUACIZE 8:30AM - 9:15AM LAP POOL

SWIM TEAM 11:00AM - 12:00PM LAP LANES

SWIM ASSESSMENT 4:00PM - 7:00PM POOL

POWERWAVE 6:00PM - 7:00PM LAP POOL

### TUESDAY

LEVEL 1 SWIM CLASS 4:30PM - 5:00PM 5:50PM-6:20PM 6:30PM - 7:00PM REC POOL

LEVEL 2 SWIM CLASS 4:30PM - 5:00PM 5:10PM-5:40PM 5:50PM - 6:20PM LAP POOL

GENERAL PRESCHOOL SWIM CLASS 4:30PM - 5:00PM 5:50PM - 6:20PM REC POOL

LEVEL 3 SWIM CLASS 5:10PM - 5:40PM 6:30PM - 7:00PM LAP POOL

SWIM TEAM 5:30PM - 6:30PM LAP LANES

ADULT SWIM CLASS 5:50PM - 6:20PM 6:30PM - 7:00PM REC POOL

### **OPEN SWIM HOURS**

MONDAY - FRIDAY REC POOL AND LAP POOL: 5:30AM - 10:00AM (19+)

MONDAY/WEDNESDAY/FRIDAY BOTH POOLS: 10:00AM - 1:00PM AND 4:00PM - 7:00PM

#### TUESDAY AND THURSDAY BOTH POOLS: 10:00AM - 1:00PM

SATURDAYS BOTH POOLS: 12:00PM - 4:00PM

### WEDNESDAY

AQUACIZE 8:30AM - 9:15AM LAP POOL

FACE UP FIRST 8:30AM - 10:30AM \*See specific class times at registration\* SLIDE WELL

SWIM ASSESSMENT 4:00PM - 7:00PM POOL

FACE UP FIRST 4:00PM - 6:00PM \*See specific class times at registration\* SLIDE WELL POWERWAVE 6:00PM - 7:00PM

LAP POOL

AQUACIZE 9:15AM- 10:00 AM

THURSDAY

LEVEL 1 SWIM CLASS 4:30PM - 7:00PM \*See specific class times at

registration\* REC POOL LEVEL 2 SWIM CLASS

4:30PM - 7:00PM \*See specific class times at registration\* LAP POOL

#### GENERAL PRESCHOOL SWIM CLASS

4:30PM - 5:00PM 5:50PM - 6:20PM REC POOL

LEVEL 3 SWIM CLASS 5:10PM - 5:40PM 6:30PM - 7:00PM LAP POOL

SWIM TEAM 5:30PM - 6:30PM LAP LANES

ADULT SWIM CLASS 5:50PM - 6:20PM 6:30PM- 7:30PM REC POOL

### FRIDAY

AQUACIZE 8:30AM-9:15AM LAP POOL

SWIM ASSESSMENT 4:00PM - 7:00PM POOL

POWERWAVE 6:00PM - 7:00PM LAP POOL

### SATURDAY

SWIM TEAM 9:00 AM- 10:00 AM LAP POOL AQUA 2.0 9:00AM - 10:00AM REC POOL

LEVEL 1 SWIM CLASS 9:20AM - 11:10AM \*See specific class times at registration\* REC POOL

LEVEL 2 SWIM CLASS 9:20AM - 11:50AM \*See specific class times at registration\* LAP/REC POOL

LEVEL 3 SWIM CLASS 9:20AM - 9:50AM 11:20AM - 11:50AM LAP POOL

BABY KROCODILES 10:00AM - 10:30AM LAZY RIVER

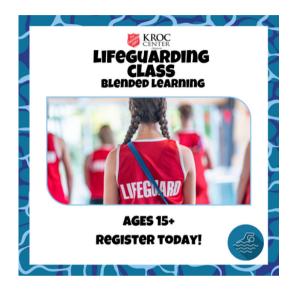
GENERAL PRESCHOOL SWIM CLASS 10:00AM - 10:30AM REC POOL

LEVEL 4 SWIM CLASS 11:20AM - 11:50AM LAP POOL

For any questions or additional class information please see the Aquatics Manager 402-905-3592 or Aquatics Assistant Manager 402-905-3591

# **NOVEMBER 2022**

## **AQUATICS HIGHLIGHTS**



### LIFEGUARD CLASS

The primary purpose of the American Red Cross Blended Learning CPR/AED for Professional Rescuers course is to instruct those who have a duty to act (professional rescuers) in the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take

over.

#### MORNING FAMILY SWIM

Enjoy pool activities for the whole family in a fun and relaxing environment. Kayaking, water polo, and duck duck goose will be available.





#### **POWER WAVE**

An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and conditioning. Swimmers will be in both the shallow and deep end of the pool!

### Flip over for our full weekly class schedule!



2825 Y Street Omaha, NE 68197 402-905-3500