

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

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

THURSDAY

AQUACIZE
9:15AM- 10:00 AM
LAP POOL

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

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

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!



**KROC
CENTER**
OMAHA

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