


## Dr. John N. Briggs Wellness Center - Pool Schedule - March

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00AM	<b>Open/Lap Swim</b> (5am-7am)	<b>Open/Lap Swim</b> (5am-9:30am)	<b>Open/Lap Swim</b> (5am-7am)	<b>Open/Lap Swim</b> (5am-10:30am)	<b>Open/Lap Swim</b> (5am-7am)	<b>Pool Opens at 6:30am</b>	<b>Pool Opens at 8am</b>	
6:00AM								
7:00AM	<i>Multilevel Water Aerobics Carrie</i>		<i>Multilevel Water Aerobics Sandra</i>		<i>Multilevel Water Aerobics Terry</i>			
8:00AM	<b>Open/Lap Swim</b> (8am-9:30am)		<b>Open/Lap Swim</b> (8am-9:30am)		<b>Open/Lap Swim</b> (8am-9:30am)	<b>Open/Lap Swim</b> (6:30am-10am)	<b>Open/Lap Swim</b> (8am-2:30pm)	
9:30AM	Water Arthritis Ruth	<i>MS Water Aerobics 9:30am to 10:30am</i>	Water Arthritis Ruth		Water Arthritis Sandra			
10:30AM	<i>Multilevel Water Aerobics Ruth</i>	<i>Multilevel Water Aerobics Nathalie</i>	<i>Multilevel Water Aerobics Nathalie</i>	<i>Multilevel Water Aerobics Instructor Varies</i>	<i>Multilevel Water Aerobics Sandra</i>	<u>10-11AM</u> <i>Multilevel Water Aerobics Inst. Varies</i>		
11:30AM	<b>Open/Lap Swim</b> (11:30am-4:30pm)	<b>Open/Lap Swim</b> (11:30am-5:30pm)	<b>Open/Lap Swim</b> (11:30am-4:30pm)	<b>Open/Lap Swim</b> (11:30am-5:30pm)	<b>Open/Lap Swim</b> (11:30am-4:30pm)	<b>Open/Lap Swim</b> (11am-2:30pm)	<b>Pool Closes at 2:30PM</b>	
4:30PM	<i>Basic Water Aerobics Carrie</i>		<i>Basic Water Aerobics Carrie</i>		<i>Basic Water Aerobics Inst. Varies</i>	 *For more information regarding Group Fitness, contact Melissa D'Itri at 624-2750 ext. 42775*	<b>CURRENT SCHEDULE AS OF 3/1/15</b>	
5:30PM	<b>Open/Lap Swim</b> (5:30pm-8:30pm)	<b>Fit for Birth Susan</b>	<b>Open/Lap Swim</b> (5:30pm-8:30pm)	<b>Fit for Birth Susan</b>	<b>Open/Lap Swim</b> (5:30pm-7:30pm)			
6:30PM		<b>Open/Lap Swim</b> (6:30pm-8:30pm)						<b>Open/Lap Swim</b> (6:30pm-8:30pm)
7:30PM								
8:30PM	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>			

\*\*Please be advised that lanes for open swim may or may not be available during scheduled class times\*\*

## **CLASSES OFFERED**

**Basic Water Aerobics** – Enjoy your workout by exercising in the water. Work at your own pace through cardiovascular exercise, strengthening, toning, and increasing your flexibility while utilizing low impact motions. Great exercise to burn calories and lose weight.

**Multilevel Water Aerobics** – All the benefits of the beginner class and then some. This class will make you work a little bit harder and faster.

**\*\*Please be advised that lanes for open swim may or may not be available during these classes.\*\***

**Open Swim** - Get your laps in at this time.

Please share the pool with your fellow swimmers. **\*\*Please observe NCH Swim Etiquette.\*\***

**Water Arthritis class** – A class designed for individuals diagnosed with arthritis. The moves of the class are designed to increase the range of motion of the joints and help ease the pain of those who experience arthritis.

**Fit For Birth** - Exercise class for pregnant women. Class includes safe cardiovascular exercises, stretching, and strengthening designed for pregnant women.

**MS Water Aerobics** - This class is designed for those with Multiple Sclerosis. Membership with the MS Society is required for participation.

**POOL IS 25 METERS LONG, HAS 4 LANES AND IS HEATED TO 84°.**

**When outside temperature drops below 55 degrees, Water Aerobics and Water Arthritis classes will be cancelled. Cancellations are determined 1 hour before the scheduled class.**