

# Sunset Athletic Club Water Exercise Schedule - Effective Jan. 2, 2012

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

## Lap Pool Hours and Classes

M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes
5:30a-10:15a Adult Swim	7:40 am W.E.T. (Jill)		7:40 am W.E.T. (Jamie)		7:40 am W.E.T. (Jill)	7:00a - 10:00a Adult Swim	7:30 - 8:15 am Deep Water Fitness (Rotating)	9:00a-10:00a Adult Swim	9:00-9:50 a Water Dynamics (Tina/Jamie)
10:15a-3:00p Family Swim		9:15 am Water Dynamics (Tina) 1 Lane		9:15 am Water Dynamics (Karin) 1 Lane		10:00a - Noon Family Swim		10:00a-Noon Family Swim	
3:00p-5:00p Open Swim						Noon-4:00p Open Swim		Noon-4:00p Open Swim	
5:00p-7:00p Family Swim						4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p Open Swim						6:00p-8:00p Open Swim		6:00p-7:30p Open Swim	
9:00p-10:30p Fri-9:00-9:30p Adult Swim						8:00p-8:30p Adult Swim			

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

## Exercise Pool Hours and Classes

M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes
5:30a-10:15a Adult Swim		* 5:45 am Water Wake Up (Megan)		* 5:45 am Water Wake Up (Megan)		7:00a - 10:00a Adult Swim	* 8:15 - 9:00 am Shallow Water Fitness (Rotating)	9:00a-10:00a Adult Swim	
		* 8:00 - 8:45 am Aqua Zumba (Gale)							
10:15a-3:00p Family Swim	* 9:15 am Aqua Circuit (Gale)	* 9:15 am Water Dynamics (Tina) 1/2 Pool	* 9:15 am Aqua Circuit (Gale)	* 9:15 am Water Dynamics (Karin) 1/2 Pool	* 9:15 am Aqua Circuit (Gale)	10:00a - Noon Family Swim		10:00a-Noon Family Swim	
3:00p-5:00p Open Swim						Noon-4:00p Open Swim		Noon-4:00p Open Swim	
5:00p-7:00p Family Swim		* 5:30 pm Just Add Water (Jill)		* 5:30 pm Just Add Water (Jamie)		4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p Open Swim						6:00p-8:00p Open Swim		6:00p-7:30p Open Swim	
9:00p-10:30p Fri-9:00-9:30p Adult Swim						8:00p-8:30p Adult Swim			

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## Therapy Pool Hours and Classes

**Limited Use** means: Available only to adults and children in swim diapers during **Open Swim**.

M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes
5:30a-10:15a Adult Swim						7:00a - 10:00a Adult Swim	* 9:00am Ai Chi (JoAnne)	9:00a-10:00a Adult Swim	
11:15a-3:00p (M 1:00-3:00) Family Swim	* 10:15 am Water Works (Gale)	* 10:15 am Cardio Core (Jill)	* 10:15 am Water Works (Gale)	* 10:15 am Cardio Core (Jill)	* 10:15 am Water Works (Gale)	10:00a - Noon Family Swim		10:00a-Noon Family Swim	
3:00p-5:00p Limited use Open Swim	* 12 Noon More for the Core (Karen)					Noon-4:00p Limited use Open Swim		Noon-4:00p Limited use Open Swim	
5:00-7:00p Family Swim						4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p Limited use Open Swim						6:00p-8:00p Limited use Open Swim		6:00p-7:30p Limited use Open Swim	
9:00p-10:30p Fri-9:00-9:30p Adult Swim						8:00p-8:30p Adult Swim			

**Definitions for Adult Swim, Family Swim, and Open Swim are on the back side.**

Where there is an asterisk ( \* ) that pool is reserved for the class only.



**Sunset Athletic Club**

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