

AQUATICS

January 4-February 28

- SIGN UP FOR WATER FITNESS CLASSES UP TO **TWO DAYS** PRIOR TO CLASS START.
- SIGN UP FOR AQUA CYCLING AND AQUA BASE BOARD CLASSES UP TO **ONE HOUR** BEFORE THE CLASS TO SAVE YOUR SPOT.

Water Temp is set at 84°



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30 AM-12:00 PM LAP POOL	LAP SWIMMING 5:30-7:45 AM LAP POOL		LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 6:30-8:45 AM LAP POOL
AQUA ZUMBA® 6:00-6:45 AM SLIDE PIT (P)	LANE 1 ONLY 9:00-9:45 AM	AQUA SAMPLER 6:00-6:45 AM SLIDE PIT (P)	LAP SWIMMING 5:30 AM-12:55 PM	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	PARENT/TOT SWIM LESSONS 8:30-9:00 AM SLIDE PIT	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)	LAP POOL LANES 2-4 11:30 AM-12:55 PM	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (J)	
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA BARRE 9:00-9:45 AM LAP POOL (K) LANES 2-4	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (J)	AQUA ZUMBA® 9:00-9:45 AM SLIDE PIT (P)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (K)	
LAP SWIMMING 10:00 AM - 12:55 PM LAP POOL	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 9:45-10:30 AM LAP POOL (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)		
LANE 1 ONLY 11:55 AM-12:55 PM	SPLASH PLAY 10:00 AM-12:00 PM SPLASH ZONE	LAP SWIMMING 10:45 AM - 12:55 PM LAP POOL	DAYTIME YOUTH SWIM LESSONS LOG ROLLING 10:45 AM-1:00 PM LAP LANE 1 & SLIDE PIT	LAP SWIMMING 11:00 AM-12:00 PM LAP POOL	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
JOINT MOVEMENT 12:00-12:45 PM LAP POOL 2-4 (J)	CLOSED	LANE 1 ONLY 11:55 AM-12:55 PM	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	LANE 1 ONLY 10:00-10:45 AM	OPEN SWIM 12:00-5:30 PM ALL AREAS
AQUATIC CENTER IS CLOSED MON, WED, THURS FROM 1:00-4:00 PM TUE & FRI 12:00-4:00 PM					
SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS LOG ROLLING 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS LOG ROLLING 4:00-6:45 PM LAP POOL & SLIDE PIT	OPEN SWIM 4:00-8:30 PM ALL AREAS	WATERSLIDE IS OFF 4:00-5:30 PM
SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-6:45 PM SPLASH ZONE	SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-6:45 PM SPLASH ZONE		
		AQUABASE® BOARD 6:00-6:45 PM LAP POOL 1-3 (K)			
SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-4	GENERAL SWIM LAP SWIMMING 6:45-8:00 PM ALL AREAS (LANES 3 & 4 LAP)	SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-4	GENERAL SWIM LAP SWIMMING 6:45-8:00 PM ALL AREAS (LANES 3 & 4 LAP)		

INSTRUCTORS:
(J) JACINDA
(K) KAREN
(P) PAUL

For a description of Fitness Classes and Open Swimming, visit gbkroccenter.org/aquatics

**WINDING RIVER
CURRENT ON**
M-F: 6:00-8:00 AM &
9:00-11:00 AM
SAT: 7:00-8:00 AM &
9:00-11:00 AM

Spa Jets are off during Aqua Yoga and Aqua Sampler Classes.

Per ATCP 76.23, we are required to have an additional lifeguard on the pool deck when the winding river current is turned on. We have selected the following times for accommodation. Please note if we are down a staff member for whatever reason, the current will be turned off, but the area will still remain open for use. Thank you!