

AQUATICS

November 2, 2020-January 3, 2021

- 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-12:55 PM LAP POOL LANE 1 ONLY 9:00-9:45 AM	LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30-8:45 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)		AQUA SAMPLER 6:00-6:45 AM SLIDE PIT (P)	AQUA YOGA 8:00-8:45 AM SLIDE PIT (P)	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)	AQUA ZUMBA® 7:45-8:30 AM SLIDE PIT (P)	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)	AQUA ZUMBA® 9:00-9:45 AM LAP POOL (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	PARENT/TOT SWIM LESSONS 8:30-9:00 AM SLIDE PIT	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (J)	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	
SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	AQUA BARRE 9:00-9:45 AM LAP POOL (K) LANES 2-4	WATER WORKS 9:45-10:30 AM LAP POOL (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	
LAP SWIMMING 10:00 AM - 12:55 PM LAP POOL LANE 1 ONLY 11:55 AM-12:55 PM	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	LAP SWIMMING 10:00 AM-12:55 PM LAP POOL LANES 2-4 11:30 AM-12:55 PM	LAP SWIMMING 10:00 AM-12:55 PM LAP POOL LANE 1 ONLY 10:00-10:45 AM	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
JOINT MOVEMENT 12:00-12:45 PM LAP POOL 2-4 (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	JOINT MOVEMENT 12:00-12:45 PM LAP POOL 2-4 (J)	LAP SWIMMING 10:45 AM-12:55 PM LAP POOL LANE 1 ONLY 11:55 AM-12:55 PM	LAP SWIMMING 10:00 AM-12:55 PM LAP POOL LANE 1 ONLY 10:00-10:45 AM	OPEN SWIM 12:00-5:30 PM ALL AREAS
AQUATIC CENTER IS CLOSED MONDAY-FRIDAY FROM 1:00-4:00 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	INSTRUCTORS: (J) JACINDA (K) KAREN (P) PAUL
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		
AQUA CYCLING 6:00-6:45 PM SLIDE PIT (K)	SPLASH PLAY 4:00-6:45 PM SPLASH ZONE	AQUABASE® BOARD 6:00-6:45 PM LAP POOL 1-3 (K)	GENERAL SWIM LAP SWIMMING 6:45-8:30 PM ALL AREAS LANES 3-4 FOR LAP SWIM		
SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-3 (LANE 4 OPEN)	GENERAL SWIM LAP SWIMMING 6:45-8:30 PM ALL AREAS (LANES 3 & 4 LAP)	SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-3 (LANE 4 OPEN)			

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

Splash Play Area will close at the top of each hour for upwards of ten minutes for disinfecting per CDC Guidelines.

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!