

AQUATICS

September 8 - November 1

- 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 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	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
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)	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
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA ZUMBA® 7:45-8:30 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 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)	
SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	PARENT/TOT SWIM LESSONS 8:30-9:00 AM SLIDE PIT	AQUA ZUMBA® 10:00-10:45 AM LAP POOL (P)	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	
LAP SWIMMING 10:00 AM-12:55 PM LAP POOL LANE 1 ONLY 12:00-1:00 PM	AQUA BARRE 9:00-9:45 AM SLIDE PIT (K)	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM SLIDE PIT (J)	
JOINT MOVEMENT 12:00-12:45 PM LAP POOL LANES 2-4 & SLIDE PIT (J)	SPLASH PLAY 9:00-11:00 AM SPLASH ZONE	LAP SWIMMING 11:00 AM-12:55 PM LAP POOL LANE 1 ONLY 12:00-1:00 PM	LAP SWIMMING 10:00 AM-12:55 PM LAP POOL LANES 2-4 11:30 AM-1:00 PM	LAP SWIMMING 10:00 AM-12:55 PM LAP POOL	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	JOINT MOVEMENT 12:00-12:45 PM LAP POOL LANES 2-4 & SLIDE PIT (J)	DAYTIME YOUTH SWIM LESSONS LOG ROLLING 10:00 AM-1:00 PM LAP LANE 1 & SLIDE PIT		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
SPLASH PLAY 4:00-6:45 PM SPLASH ZONE		SPLASH PLAY 4:00-6:45 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	
GENERAL SWIM LAP SWIMMING 6:45-8:30 PM ALL AREAS (LANES 3 & 4 LAP)	GENERAL SWIM LAP SWIMMING 6:45-8:30 PM ALL AREAS (LANES 3 & 4 LAP)	GENERAL SWIM LAP SWIMMING 6:45-8:30 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

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

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!