



# JUNE 2019 POOL SCHEDULE

Franz Ross Park YMCA  
 19333 Quesada Ave  
 Port Charlotte, FL. 33948  
 941-629-9622

**POOL SCHEDULE IS SUBJECT TO CHANGE**

If there are 25 or more participants in a Water Aerobics class the Lap Lane will be CLOSED.

We recommend calling ahead of time to ensure the pool is open during scheduled times as we may experience random closures due to weather and any other causing factor!

### Swimming Tips

To avoid accidents, when entering an occupied lane, please get the swimmer's attention that you are there.

### Lap Swim Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

### Lap Lane Adults Only (18 & up)

**\*Pool closed\* For Camp swimming the month of June-Aug**

| MON  | TUE                                   | WED   | THUR                                  | FRI   | SAT                            | SUN                          |
|--|---------------------------------------|---|---------------------------------------|---|--------------------------------|------------------------------|
| 6:00-7:30<br>Open Swim                     | 6:00-7:30<br>Open Swim                | 6:00-7:30<br>Open Swim                      | 6:00-7:30<br>Open Swim                | 6:00-7:30<br>Open Swim                      |                                |                              |
|  | 7:30-7:45<br>Lifeguard Break          |   | 7:30-7:45<br>Lifeguard Break          |   |                                |                              |
| 7:30-9:00<br>Power Splash<br>Lucy          | 7:45-8:00<br>Open Swim (30 mins)      | 7:30-9:00<br>Power Splash<br>Lucy           | 7:45-8:00<br>Open Swim (30 mins)      | 7:30-9:00<br>Power Splash<br>Lucy           |                                |                              |
| 9:00-9:30<br>Open Ball Warm Up             | 8:00-9:00<br>Splash Aerobics<br>Maria | 9:00-9:30<br>Open Ball Warm Up              | 8:00-9:00<br>Splash Aerobics<br>Maria | 9:00-9:30<br>Open Ball Warm Up              | 8:30-11:15<br>Open Swim        | 11:00-2:00<br>Open Swim      |
| 9:30-10:30<br>Water Aerobics<br>Adelina    | 9:15-11:45<br>Open Swim               | 9:30-10:30<br>Water Aerobics<br>Adelina     | 9:15-11:45<br>Open Swim               | 9:30-10:30<br>Water Aerobics<br>Adelina     | 11:15-11:30<br>Lifeguard Break | 2:00-2:15<br>Lifeguard Break |
| 10:45-11:45<br>Arthritis Exercise<br>Maria |                                       | 10:45-11:45<br>Arthritis Exercise<br>Janice |                                       | 10:45-11:45<br>Arthritis Exercise<br>Janice | 11:30-2:00<br>Open Swim        | 2:15-3:30<br>Open Swim       |
| 11:45-12:45<br>Open Swim                   | 11:45-12:45<br>Open Swim              | 11:45-12:45<br>Open Swim                    | 11:45-12:45<br>Open Swim              | 11:45-12:45<br>Open Swim                    | 2:00-2:15<br>Lifeguard Break   |                              |
| 12:45-1:00<br>Lifeguard Break              | 12:45-1:00<br>Lifeguard Break         | 12:45-1:00<br>Lifeguard Break               | 12:45-1:00<br>Lifeguard Break         | 12:45-1:00<br>Lifeguard Break               | 2:15-4:30<br>Open Swim         |                              |
| 1:00-3:00<br>Camp Swim                     | 1:00-3:00<br>Camp Swim                | 1:00-3:00<br>Camp Swim                      | 1:00-3:00<br>Camp Swim                | 1:00-3:00<br>Camp Swim                      |                                |                              |
| 3:00-3:15<br>Lifeguard Break               | 3:00-3:15<br>Lifeguard Break          | 3:00-3:15<br>Lifeguard Break                | 3:00-3:15<br>Lifeguard Break          | 3:00-3:15<br>Lifeguard Break                |                                |                              |
| 3:15-5:30<br>Open Swim                     | 3:15-5:15<br>Open Swim                | 3:15-5:15<br>Open Swim                      | 3:15-5:15<br>Open Swim                | 3:15-5:15<br>Open Swim                      |                                |                              |
| 5:15-5:30<br>Lifeguard Break               | 5:15-5:30<br>Lifeguard Break          | 5:15-5:30<br>Lifeguard Break                | 5:15-5:30<br>Lifeguard Break          | 5:15-5:30<br>Lifeguard Break                |                                |                              |
| 5:30-7:30<br>Swim Lessons                  | 5:30-8:30<br>Open Swim                | 5:30-7:30<br>Swim Lessons                   | 5:30-8:30<br>Open Swim                | 5:30-8:30<br>Open Swim                      |                                |                              |



# WATER EXERCISE CLASS DESCRIPTIONS

**Cardio Explosion**- This class includes 15- minutes of cardiovascular training and will supply you with a low impact, high benefit water workout. Various aqua exercise props are used to help create more resistance in the water for strengthening your muscular system. Build stamina and raise your metabolism rate! (Intermediate to Advanced)

**Splash Works & II**- This is a light cardiovascular strength and endurance class. Feel the magic of water in this low impact total body workout. Gain endurance while you improve your balance, range of motion in your joints and muscle tone. You'll leave this class refreshed and energized. Let Water Works "make your day"! (Beginner)

**Arthritis Exercise**- In this class you will use the dynamics of water to help relieve pain and stiffness while providing a fun and social opportunity. This class will provide gentle exercises that will leave you feeling revitalized in water temperatures appropriate for this class. It is not necessary to know how to swim. (Beginners to Advanced)

**Power Aerobics**- This is a class where beach balls are flying and the music is blasting! This class is a non-stop aqua aerobic workout, consisting of strong resistance exercises, range of motion, core work and balance as well as stretching. If you want to have fun, meet some really special people and enjoy a vigorous workout at the same time, come and see what it's all about! (Intermediate to Advanced)

**Power Splash** – Silver Aerobics with Power!! A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

**REQUIREMENTS:** Water Shoes and a water bottle are RECOMMENDED!!

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