

## Farmington Civic Center Indoor Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5:30 - 8:30 AM	5:30 - 8:30 AM	5:30 - 8:30 AM	5:30 - 8:30 AM	5:30 - 8:30 AM	7:00 AM—12:00 PM	11:00 AM - 12:00 PM
	11:00 AM - 3:30 PM	11:00 AM - 3:30 PM	11:00 AM - 3:30 PM	11:00 AM - :30 PM	11:00 AM - 3:30 PM		
<b>Open Swim</b>	3:30 - 6:30 PM	3:30 - 6:30 PM	3:30 - 6:30 PM	3:30 - 6:30 PM	3:30 - 6:30 PM	12:00 - 5:30 PM	12:00 - 5:30 PM
<b>Water Aerobics</b>	Aqua Explosion	Aqua Zumba	Aqua Explosion	Aqua Zumba	Aqua Explosion		
	8:50 - 9:50 AM	8:50 - 9:50 AM	8:50 - 9:50 AM	8:50 - 9:50 AM	8:50 - 9:50 AM		
	AM Arthritis	Aqua Dynamics	AM Arthritis	Aqua Dynamics	AM Arthritis		
	9:55 - 10:55 AM	9:55 - 10:55 AM	9:55 - 10:55 AM	9:55 - 10:55 AM	9:55 - 10:55 AM		
	Aqua Fit		Aqua Fit				
	6:30 - 7:30 PM		6:30 - 7:30 PM				
<b>Swim Lessons</b>						8:00 - 11:00 AM	

### Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Explosion 8:50 - 9:50 AM	Aqua Zumba 8:50 - 9:50 AM	Aqua Explosion 8:50 - 9:50 AM	Aqua Zumba 8:50 - 9:50 AM	Aqua Explosion 8:50 - 9:50 AM	
AM Arthritis 9:55 - 10: 55 AM	Aqua Dynamics 9:55 - 10:55 AM	AM Arthritis 9:55 - 10: 55 AM	Aqua Dynamics 9:55 - 10:55 AM	AM Arthritis 9:55 - 10: 55 AM	
	Aqua Fit 6:30 - 7:30 PM		Aqua Fit 6:30 - 7:30 PM		

**Aqua Explosion** - A challenging water exercise class that emphasizes on cardiovascular fitness and muscular conditioning. This class utilizes the entire pool. The use of water bells is recommended.

**AM Arthritis** - A slower paced class developed through the National Arthritis Foundation focusing on flexibility exercises, joint protection and increasing range of motion.

**Aqua Zumba** - blends Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Aqua Dynamics** - Fun, Fast paced, full body workout. Music is cranked up to motivate and keep the pace up to ensure a great cardiovascular workout. Use of water bells and noodles help kick up the resistance for best results.

**Aqua Fit** -Tone and sculpt your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance training , and may incorporate resistance tools such as buoyant water weights and noodles.