

Farmington Civic Center Indoor Pool Schedule

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

Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Explosion 8:50 - :50 AM	Aqua Zumba 8:50 - 9:50 AM	Aqua Explosion 8:50 - :50 AM	Aqua Zumba 8:50 - 9:50 AM	Aqua Explosion 8:50 - :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 - Warm up, work out and cool down! This invigorating water aerobics class is designed to help improve your cardiovascular system and overall body. Water bells are recommended for best results.