

2019 Aquatics Class Schedule (9/9/19)

		Monday	Tuesday	Wednesday	Thursday	Friday
A M	Open Swim 6:00 -10am					
	Adult Swim 6:30-7:30am			Adult Swim 6:30-7:30am		
	Warm H2O Move 8am-9am	Warm H2O Move 8am-9am	Warm H2O Move 8am-9am	Warm H2O Move 8am-9am	Warm H2O Move 8am-9am	Warm H2O Move 8am-9am
	Aqua Fitness 8:30-9:30am	Aqua Fitness 8:30-9:30am	Aqua Fitness 8:30-9:30am	Aqua Fitness 8:30-9:30am	Aqua Fitness 8:30-9:30am	Aqua Fitness 8:30-9:30am
	Main Pool Maintenance Break 10:00 -11:00am					
	Open Therapy Pool 10-10:30am	Hydro Motion 10am-10:50am	Open Therapy Pool 10-10:30am	Hydro Motion 10am-10:50am	Open Therapy Pool 10-10:30am	Open Therapy Pool 10-10:30am
	Baby & Me 10:30am-10:50am		Baby & Me 10:30am-10:50am			
	Open Swim 11:30am -7:45pm					
P M				Youth Swim Class 3pm-4:30pm		
	Body&Mind Float 5:00pm-5:45pm	Aqua Zumba 4:45-5:30pm	Body&Mind Float 5:00pm-5:45pm			



MARIMN
HEALTH
WELLNESS CENTER

Main Pool
Therapy Pool

Classes Subject to Change

Questions about our classes and programs? Call (208)686-9355 Ext 2512 or talk to the Aquatics staff!

Aquatics Class Descriptions

Therapy Pool Classes:

Warm H2O Move: Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity in the Therapy Pool.

Body & Mind Float: To De-stress, decompress and heal. You will float in darkness for 30 minutes. The outside world is gone. In this relaxed state, your mind and body will do amazing things to heal and restore what you completely thought was impossible.

Hydro Motion: Very low impact strength, endurance and aerobic exercises for the whole body. All done in 90 degree water helps improve range of motion because the buoyancy of the water is easy on your joints, so if you have joint problems, chronic pain, or are recovering from injury. Try aqua exercise it can be as easy or challenging as you want!

Baby & Me: Bring your swim suite and little one and we will help you to introduce the little one to the water.

Open Therapy Pool: Open time to use the Therapy Pool, staffed by our trained Lifeguard.

Main Pool Classes:

ADULT SWIM: Coached lap swim workout.

YOUTH SWIM: Coached swim time for youth. Emphasis is on learning the competitive swim strokes.

AQUA FITNESS: also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity.

Aqua Zumba Splash your way into shape with an invigorating low-impact aquatic exercise.

