

2020 Aquatics Class Schedule (1/20/20)

		Monday	Tuesday	Wednesday	Thursday	Friday
A M		Open Swim 6:00 -10am				
		Adult Swim 6:00-7:00am		Adult Swim 6:00-7:00am		Adult Swim 6:00-7:00am
		Warm H2O Move 8:00-9:00am	Warm H2O Move 8:00-9:00am	Warm H2O Move 8:00-9:00am	Warm H2O Move 8:00-9:00am	Warm H2O Move 8:00-9:00am
		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 10:00-10:50am	Hydro Motion 10:00-10:50am	Open Therapy Pool 10:00-10:50am	Hydro Motion 10:00-10:50am	Open Therapy Pool 10:00-10:50am
P M		Open Swim 11:00am -7:45pm				
			Aqua Zumba 4:45-5:30pm	Youth Swim Class 5:00-6:30pm		



MARIMN
HEALTH
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Classes Subject to Change

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

Main Pool
Therapy Pool

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.*

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!*

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.*