

Coeur Center 2022 Class Schedule | September - December

Coeur Center 2022 Class Schedule September - December					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Steps to Wellness 7:30 - 8:30am		Steps to Wellness 7:30 - 8:30am	
Mid-Day	Pool Open Monday - Sunday 11:00am - 3:00pm & 5:00pm - 6:30pm				
	Swim Lesson 10:15 - 11:00am		Swim Lesson 10:15 - 11:00am		River Fit 11:30am-12:15pm
			Family BootCamp 2:00pm-2:45pm		Minnow Splash 11:30am-12:15pm
		Cub Crawl 2:00pm-2:45pm	Minnow Splash 2:00pm-2:45pm	Cub Crawl 2:00pm-2:45pm	Cub Crawl 11:30am-12:15pm
Evening	Family BootCamp 5:30pm-6:15pm	Junior Lifeguard 5:00pm-5:30pm	Family BootCamp 5:30pm-6:15pm	Junior Lifeguard 5:00pm-5:30pm	
	Minnow Splash 5:30-6:15pm	River Fit 5:30 - 6:15pm	Minnow Splash 5:30-6:15pm	River Fit 5:30 - 6:15pm	
	Cub Crawl 5:30-6:15pm	Minnow Splash 5:30-6:15pm	Cub Crawl 5:30-6:15pm	Minnow Splash 5:30-6:15pm	

Private swim lesson for all ages available on Saturdays and Sundays
12:00pm - 12:30pm and 12:30pm - 1:00pm.
To sign up, please inquire at the front desk.

Gym	Pool
Outside	

Zero Entry	Play Structure
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Family Boot Camp: A work at your own pace, or let the instructor push you to new levels of cardiovascular and fitness strength. We will be working to lose body fat, increase cardiovascular and fitness strength and help you get into a regular fitness routine.

Cub Crawl: This option in the play structure is for youth 4 and up whose parents are looking for some 'me time' while utilizing an amenity of the Coeur Center. You will be required to remain on site and asked to attend to your child if an emergent need arises.

River Fit: This class is designed to improve flexibility, range of motion, strength, and cardiovascular endurance while using the resistance of the water to cushion the joints. Performing effective and easy-to-follow exercises instructed by our staff. Wearing water shoes is highly recommended.

Junior Lifeguard: This class will target our 10-14 year old community members who are interested in learning more about basic water safety, simple water rescues, prevention strategies and secondary lifeguard duties.

Minnow Splash: This option in the water play structure is for youth 4 and up whose parents are looking for some 'me time' while utilizing an amenity of the Coeur Center. Youth will be required to wear a lifejacket and you will be required to remain on site and asked to attend to your child if an emergent need arises.

