



POULSBO ATHLETIC CLUB

19611 7th Ave. NE ■ Poulsbo ■ WA 98370 ■ (360) 779-3285

POOL SCHEDULE APRIL 2017

	MON	TUES	WED	THUR	FRI	SAT	SUN	
8:00 AM	REHAB		REHAB					8:00 AM
8:30 AM	REHAB		REHAB					8:30 AM
9:00 AM								9:00 AM
9:30 AM	SENIOR CHALLENGE (45 min.) Kathy	AQUA FIT (60 min.) Kathy.	SENIOR CHALLENGE (45 min.) Kathy.	AQUA FIT (60 min.) Janice	SENIOR CHALLENGE (45 min.) Gina			9:30 AM
10:00 AM	CLASS	CLASS	CLASS	CLASS	CLASS			10:00 AM
10:30 AM	SENIOR SPLASH (45 min.) Kathy		SENIOR SPLASH (45 min.) Gina		SENIOR SPLASH (45 min.) Jessica			10:30 AM
11:15 AM								11:15 AM
12:00 NOON								12:00 NOON
1:00	GROUP FITNESS		GROUP FITNESS		GROUP FITNESS			1:00
2:00					REHAB			2:00
3:00	REHAB		REHAB		REHAB			3:00
4:00	REHAB		REHAB		REHAB			4:00
5:00					REHAB			5:00
5:45					REHAB			5:45
6:00								6:00
7:00								7:00

**POOL OPENS 5:30 AM MONDAY THROUGH FRIDAY, 8:00 AM SATURDAY AND 8:30 AM SUNDAY
POOL IS RESERVED FOR OPEN SWIM/REHAB UNTIL 15 MIN. PRIOR TO CLASS TIMES
POOL CLOSERS 30 MIN. BEFORE CLUB CLOSURE**

Aquatic Fitness Class Descriptions

Welcome to the Poulsbo Athletic Club Pool! Our pool is a therapy/fitness pool that can accommodate small groups of up to 12 individuals at varying depths. The water depth ranges from 3 1/2 feet at the stair entry and slopes out to 6 feet at the deepest part. We have flotation equipment available for our deep water exercisers as well as buoyancy dumbbells, noodles, resistance paddles, resistance cuffs and exercise tubing for exercisers who are looking for an increased challenge.

Supportive swimming suits are recommended as well as supportive aquatic fitness shoes for your protection. Towels are not provided and should be brought from home. Thank you for taking a moment to dry yourself off before leaving the pool area. This assists us greatly by maintaining safety standards. Plastic water bottles are encouraged for all fitness participants in order to maintain hydration levels.

To ensure your space in class, please sign up at the front desk ahead of time. You may sign up for a class two work days in advance. On the day of your scheduled class please check in at the front desk. The pool is reserved for Open Swim or Rehab until 15 minutes prior to class start times. In consideration of other members, please honor our club policy. Unless we are notified otherwise, if there are spots available in the pool 5 minutes after class begins, they will be given away to people on the waiting list.

Due to changes in the Washington State Law, children ages 16 and under are not allowed to use the pool at any time. No exceptions. Minors age 17 can not be in the pool alone.

Class Descriptions (listed from the most gentle to the most challenging, however people with severe joint problems or who have had joint surgery are encouraged to check with their doctors about the need for special precautions):

SENIOR SPLASH 45 minute class for the senior who is looking for increased range of motion, improved posture, muscle and cardio fitness, and new friends. Class will typically include some abdominal and strength conditioning exercises.

SENIOR CHALLENGE 45 minute class for anyone looking to increase their cardiovascular health as well as challenge their existing fitness level. Class format provided a 8 min. warm up, 30 min. cardiovascular conditioning, and a 8 min. cool down and stretch.

AQUA FIT 60 minutes of challenging fitness movements to increase your cardio and muscle fitness. Class format varies from interval training, steady cardio, and circuit training. Class includes a minimum of 30 min. of cardiovascular conditioning and is an intermediate level class designed for aerobic improvements.

AQUA BODY BLAST Short, sweet, powerful bursts of heart pumping cardio mixed with full body resistance and core exercises. Class is built around interval training with repetitive and easy to follow moves

GROUP FITNESS Time set aside for those who desire to work out together in the pool without the guidance of an instructor. All are welcome.

REHAB These scheduled hours are reserved for private aquatic physical therapy sessions that can be arranged through Kathy in physical therapy.