



Aquatic Schedule JULY 2009

POOL HOURS

No one under the age of 18 is permitted in the pools until 11:00 am unless in a programmed activity.

Monday-Thursday
5:00 am – 9:30 pm

Friday
5:00 am – 8:30 pm

Saturday
7:30 am – 5:30 pm

Sunday
9:00 am – 5:30 pm

At the top of every hour will be a 10 minute "Kid's Break/Adult Swim" to promote healthy swimming.

WATER FEATURES HOURS

Monday-Tuesday-Thursday
Play Structure 12:30 pm – 8:00 pm
Slide 12:30 pm – 8:00 pm

Wednesday
Play Structure 1:30 pm – 8:00 pm
Slide 1:30 pm – 8:00 pm

Friday
Play Structure 12:30 pm – 8:30 pm
Slide 3:30 pm – 8:30 pm
Bumper Boats 4:00 pm – 8:15 pm
Rock Climbing Wall 4:00 pm – 8:15 pm

Saturday and Sunday
Play Structure 11:00 am – 5:30 pm
Slide 11:00 am – 5:30 pm
Bumper Boats 12:00 pm – 5:15 pm
Rock Climbing Wall 12:00 pm – 5:15 pm

*Slide is closed on Tuesday and Thursday from 5:00pm to 6:45pm during group swimming lessons.

YOUTH GROUP SWIM LESSONS

Monday & Thursday
10:00–11:30 am

Tuesday & Wednesday
1:00–2:30 pm

Tuesday & Thursday Evening
5:15–6:45 pm

Saturday
9:00am–12:00 pm

New Classes for July!!!
Monday 6:30 Deep
Tuesday 4:00 Deep
Wednesday 6:30 Shallow

NEW OUTDOOR CLASS:
BIATHLON Friday 9:00

Run for 1/2 hour
Swim laps for 1/2 hour

HYDRO THERAPY 50 minutes, low intensity class taught in the Warm Water Pool. The objective of this workout is to help increase range of Motion, increase joint mobility and strengthen muscles. This is a great class for people recovering from surgery and Arthritis management.

WARM WATER PILATES 45 minutes, low intensity class taught in the Warm Water Pool. The objective of this workout is to improve core strength, balance and flexibility with controlled breathing and movement.

LIQUID CARDIO 50 minutes medium intensity class taught in the Big Pool's deep end. A floatation belt is encouraged for proper body alignment. High energy class that focuses on intense cardio and muscle toning.

INTENSE CARDIO 50 minutes, high intensity class taught in the Big Pool's shallow end. Advanced workout combines extreme cardio with muscle strengthening.

HYDRORIDER 45 minutes, high intensity class taught in the shallow end of the Big Pool. Bike Spinning class with added resistance from the water. Sign up for this class; reservations are first come first serve 30 minutes prior to class. Suggest wearing a water shoe or old gym shoe.

BIATHLON 60 minutes, high intensity class Running outdoors for 1/2 hour, then swimming in outdoor water park pool for 1/2 hour.

INSTRUCTORS:

KB-Kim Bahr MD-Marcie Dressman HS-Hollie Schutte RS-Renee Steele
KD-Karen Dirst LI-Lin Isaacs JS-Julie Smith

July Aquatic Schedule

www.silverlakefamily.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 INDOOR POOL: 8:15 S Hydorider-LI 8:30 W Hydro Therapy-MD 9:00 D Liquid Cardio-LI 11:30W Hydro Therapy-MD 12:15 S Hydorider—MD 5:30 D Liquid Cardio-KD 6:30 S Intense Cardio-KD 8 W Pilates/Hydro Therapy-RS	2 INDOOR POOL: 8:30 W Hydro Therapy-LI 9:00 S Intense Cardio-KB 10:15 W Pilates-MD 11:30 W Hydrotherapy-LI 12:15 S Hydorider-JS	3 INDOOR POOL: 8:15 S Hydorider-LI 9:10 W Hydrotherapy-HS ***** OUTDOOR WATERPARK: 9 AM: Biathlon-MD 9:15 AM:LAND: HOT YOGA! 10 AM: D Liquid Cardio-HS	4 INDOOR POOL: No Class <div style="text-align: center;">Happy 4th!!</div>
6 INDOOR POOL: 8:15 S Hydorider –MD 8:30 W Hydro Therapy –LI 9:00 D Liquid Cardio-MD 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-HS 6:30 D Liquid Cardio-RS 8 W Pilates/Hydro Therapy-RS ***** OUTDOOR WATERPARK: 9:15 AM: LAND: HOT YOGA!	7 INDOOR POOL: 8:30 W Hydro Therapy-MD 9:00 S Intense Cardio-HS 11:30 W Hydro Therapy-MD 12:15 Hydorider-LI 4:00 D Liquid Cardio-LI 7 D Aqua Triathlon-MD	8 INDOOR POOL: 8:15 S Hydorider-LI 8:30 W Hydro Therapy-MD 9:00 D Liquid Cardio-LI 11:30W Hydro Therapy-MD 12:15 S Hydorider—MD 5:30 D Liquid Cardio-HS 6:30 S Intense Cardio-HS 8 W Pilates/Hydro Therapy-RS	9 INDOOR POOL: 8:30 W Hydro Therapy-LI 9:00 S Intense Cardio-M 10:15 W Pilates-MD 11:30 W Hydrotherapy-LI 12:15 S Hydorider-JS	10 INDOOR POOL: 8:15 S Hydorider-HS 9:10 S Hydrotherapy-HS ***** OUTDOOR WATERPARK: 9 AM Biathlon-MD 9:15 AM: LAND: HOT YOGA! 10 AM: D Liquid Cardio-HS	11 INDOOR POOL: 8:00 S Intense Cardio-HS
13 INDOOR POOL: 8:15 S Hydorider –MD 8:30 W Hydro Therapy –LI 9:00 D Liquid Cardio-MD 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-HS 6:30 D Liquid Cardio-RS 8 W Pilates/Hydro Therapy-RS ***** OUTDOOR WATERPARK: 9:15 AM: LAND: HOT YOGA!	14 INDOOR POOL: 8:30 W Hydro Therapy-MD 9:00 S Intense Cardio-HS 11:30 W Hydro Therapy-MD 12:15 Hydorider-LI 4:00 D Liquid Cardio-LI 7 D Aqua Triathlon-MD	15 INDOOR POOL: 8:15 S Hydorider-LI 8:30 W Hydro Therapy-MD 9:00 D Liquid Cardio-LI 11:30W Hydro Therapy-MD 12:15 S Hydorider-MD 5:30 D Liquid Cardio-KD 6:30 S Intense Cardio-RS 8 W Pilates/Hydro Therapy-RS	16 INDOOR POOL: 8:30 W Hydro Therapy-LI 9:00 S Intense Cardio-KD 10:15 W Pilates-MD 11:30 W Hydrotherapy-LI 12:15 S Hydorider-MD	17 INDOOR POOL: 8:15 S Hydorider-KD 9:10 S Hydrotherapy-KD ***** OUTDOOR WATERPARK: 9 AM: Biathlon-MD 9:15 AM: LAND: HOT YOGA! 10 AM: D Liquid Cardio-HS	18 INDOOR POOL: 8:00 S Intense Cardio-KD
20 INDOOR POOL: 8:15 S Hydorider –MD 8:30 W Hydro Therapy –LI 9:00 D Liquid Cardio -MD 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-HS 6:30 D Liquid Cardio-RS 8 W Pilates/Hydro Therapy- RS ***** OUTDOOR WATERPARK: 9:15AM: LAND: HOT YOGA!	21 INDOOR POOL: 8:30 W Hydro Therapy-MD 9:00 S Intense Cardio-HS 11:30 W Hydro Therapy-MD 12:15 Hydorider-LI 4:00 D Liquid Cardio-LI 7 D Aqua Triathlon-MD	22 INDOOR POOL: 8:15 S Hydorider-LI 8:30 W Hydro Therapy-MD 9:00 D Liquid Cardio -LI 11:30W Hydro Therapy-MD 12:15 S Hydorider—MD 5:30 D Liquid Cardio-KD 6:30 S Intense Cardio –RS 8 W Pilates/Hydro Therapy-RS	23 INDOOR POOL: 8:30 W Hydro Therapy-LI 9:00 S Intense Cardio-KD 10:15 W Pilates-MD 11:30 W Hydrotherapy-LI 12:15 S Hydorider-JS	24 INDOOR POOL: 8:15 S Hydorider-KD 9:10 S Hydrotherapy-KD ***** OUTDOOR WATERPARK: 9AM Biathlon-MD 9:15 AM: LAND: HOT YOGA! 10 AM: D Liquid Cardio-HS	25 INDOOR POOL: 8:00 S Intense Cardio-RS
27 INDOOR POOL: 8:15 S Hydorider –MD 8:30 W Hydro Therapy –LI 9:00 D Liquid Cardio-MD 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-RS 6:30 D Liquid Cardio-RS 8 W Pilates/Hydro Therapy- RS ***** OUTDOOR WATERPARK: 9:15AM: LAND: HOT YOGA!	28 INDOOR POOL: 8:30 W Hydro Therapy-MD 9:00 S Circuit Training- HS 11:30 W Hydro Therapy-MD 12:15 Hydorider-LI 4:00 D Liquid Cardio-LI 7 D Aqua Triathlon-MD	29 INDOOR POOL: 8:15 S Hydorider-LI 8:30 W Hydro Therapy-MD 9:00 D Liquid Cardio -LI 11:30W Hydro Therapy-MD 12:15 S Hydorider—MD 5:30 D Liquid Cardio-KD 6:30 S Intense Cardio-RS 8 W Pilates/Hydro Therapy-RS	30 INDOOR POOL: 8:30 W Hydro Therapy-LI 9:00 S Intense Cardio-KD 10:15 W Pilates-MD 11:30 W Hydrotherapy-LI 12:15 S Hydorider-JS	30 INDOOR POOL: 8:15 S Hydorider-KD 9:10 S Hydrotherapy-KD ***** OUTDOOR WATERPARK: 9AM Biathlon-MD 9:15 AM: LAND: HOT YOGA! 10 AM: D Liquid Cardio-HS	