



Aquatic Schedule

JUNE 2008

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

***New Early Bird times:
Hydrotherapy classes
Thursday and Fridays
7:00am
Start the day with H2O!**

WATER FEATURES HOURS

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

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

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

ADULT GROUP SWIM LESSONS

NEW SESSION starts June 3rd

Tuesday 8:00-9:00pm

**Aqua Trilogy session:
June : Muscle Conditioning
MONDAY NIGHTS: 7:15-8:00PM
\$25.00 per month or 65.00 for all 3
Register at the Front desk**

HYDRO THERAPY (HT), 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.

CIRCUIT TRAINING (CT), 50 minutes, medium intensity class taught in the Big Pool's shallow end and combines a rounded mix of cardio fitness, muscle strengthening and stretching.

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

CARDIO KICK MIX (CK), 50 minutes, high intensity class taught in the Big Pool's shallow end. Combines circuit training with cardio kick boxing.

HYDRORIDER (HR), 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.

AQUA ZUMBA, 45 minutes medium intensity cardio class with easy to follow dance moves. Uses high energy latin and international music to keep you moving!

AQUA TREK, 45 minutes, high intensity deep water running class based on treadmill trekking to challenge your body with intervals that combine incline and speed drills. Sign up for his class prior to class; limit 15.

June Aquatic Schedule

www.silverlakefamily.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:15 S Hydorider –MP 8:30 W Hydro Therapy –LI 9 D Liquid Cardio-MP 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-MP 6:30 S Hydorider-MP 8 W Hydro Therapy- MP	3 5:15 S Hydorider-MP 8:30 W Hydro Therapy-WN 8:30 S Hydorider –MD 9:30 S Circuit Training-MP 11:45 W Hydro Therapy-W 12:15S Hydorider-MD 4:15 S Aqua Kidz-MD 7 D Liquid Cardio– MD	4 8:15 S Hydorider-MP 8:30 W Hydro Therapy-WN 9 D Liquid Cardio-MP 11:30W Hydro Therapy-WN 12:15 S Hydorider—MD 5:30 S Hydorider-KD 6:30 S Cardio Kick-KD 7:15 S Aqua ZUMBA—HS 8 W Hydro Therapy-HS	5 5:15 S Hydorider-MP 7:00 W Hydro Therapy-MP 8:30 W Hydro Therapy-MD 9:30 S Circuit Training-WN 11:45 S Hydorider-JS 11:45 W Hydrotherapy-WN 7 D Aqua Trek -KD	6 7:00 W Hydro Therapy-MP 8:15 S Hydorider-MP 9 D Liquid Cardio-MP	7 8:00 S Intense Cardio-MP
9 8:15 S Hydorider –MP 8:30 W Hydro Therapy –LI 9 D Liquid Cardio-MP 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-MP 6:30 S Hydorider-MP 8 W Hydro Therapy- MP	10 5:15 S Hydorider-MP 8:30 W Hydro Therapy-WN 8:30 S Hydorider –MD 9:30 S Circuit Training-MP 11:45 W Hydro Therapy-WN 12:15 S Hydorider-MD 4:15 S Aqua Kidz-MD 7 D Liquid Cardio– MD	11 8:15 S Hydorider-MP 8:30 W Hydro Therapy-W 9 D Liquid Cardio-MP 11:30W Hydro Therapy-WN 12:15 S Hydorider—MD 5:30 S Cardio Kick-KD 6:30 S Hydorider-KD 7:15 S Aqua ZUMBA—HS 8 W Hydro Therapy-HS	12 5:15 S Hydorider-MP 7:00 W Hydro Therapy-MP 8:30 W Hydro Therapy-MD 9:30 S Circuit Training-WN 11:45 S Hydorider-JS 11:45 W Hydrotherapy-WN 7 D Aqua Trek -KD	13 7:00 W Hydro Therapy-MP 8:15 S Hydorider-MP 9 D Liquid Cardio-MP	14 8:00 S Intense Cardio-MP
16 8:15 S Hydorider –MP 8:30 W Hydro Therapy –LI 9 D Liquid Cardio-MP 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-MP 6:30 S Hydorider-MP 8 W Hydro Therapy- MP	17 5:15 S Hydorider-MP 8:30 W Hydro Therapy-WN 8:30 S Hydorider –MD 9:30 S Circuit Training-MP 11:45 W Hydro Therapy-WN 12:15 S Hydorider-MD 4:15 S Aqua Kidz-MD 7 D Liquid Cardio– WN	18 8:15 S Hydorider-MP 8:30 W Hydro Therapy-W 9 D Liquid Cardio-MP 11:30W Hydro Therapy-WN 12:15 S Hydorider—MD 5:30 S Hydorider-KD 6:30 S Cardio Kick-KD 7:15 S Aqua ZUMBA-HS 8 W Hydro Therapy-HS	19 5:15 S Hydorider-MP 7:00 W Hydro Therapy-MP 8:30 W Hydro Therapy-MD 9:30 S Circuit Training-WN 11:45 S Hydrotherapy-WN 11:45 W Hydorider-JS 7 Aqua Trek -KD	20 7:00 W Hydro Therapy-MP 8:15 S Hydorider-MP 9 D Liquid Cardio-MP CLIPPER SWIM MEET	21 8:00 S Intense Cardio-MP CLIPPER SWIM MEET
23 8:15 S Hydorider –MP 8:30 W Hydro Therapy –LI 9 D Liquid Cardio-MP 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-MP 6:30 S Hydorider-MP 8 W Hydro Therapy- MP	24 5:15 S Hydorider-MP 8:30 W Hydro Therapy-WN 8:30 S Hydorider –MD 9:30 S Circuit Training-MP 11:45 W Hydro Therapy-WN 12:15 S Hydorider-JS 4:15 S Aqua Kidz-MD 7 D Liquid Cardio– MD	25 8:15 S Hydorider-MP 8:30 W Hydro Therapy-W 9 D Liquid Cardio-MP 11:30W Hydro Therapy-WN 12:15 S Hydorider—MD 5:30 S Cardio Kick-KD 6:30 S Hydorider-KD 7:15 S Aqua ZUMBA-HS 8 W Hydro Therapy-HS	26 5:15 S Hydorider-MP 7:00 W Hydro Therapy-MP 8:30 W Hydro Therapy-MD 9:30 S Circuit Training-WN 11:45 S Hydorider-JS 11:45 W Hydrotherapy WN 7 D Aqua Trek -KD	27 7:00 W Hydro Therapy-MP 8:15 S Hydorider-MP 9 D Liquid Cardio-MP	28 8:00 S Intense Cardio-MP
30 8:15 S Hydorider –MP 8:30 W Hydro Therapy –LI 9 D Liquid Cardio-MP 11:30 W Hydro Therapy-LI 5:30 S Intense Cardio-MP 6:30 S Hydorider-MP 8 W Hydro Therapy- MP					