



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

Schedule starts January 2, 2012

|                  | Monday                                     | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|------------------|--|--|---|--|---|--|--|
| 5:30am - 6:15am  | Lap Swim<br>5:30am - 6:15am                | Lap Swim<br>5:30am - 6:15am                                  | Lap Swim<br>5:30am - 6:15am                                   | Lap Swim<br>5:30am - 6:15am                                  | Lap Swim<br>5:30am - 6:15am                   |  |  |
| 6:15am - 8:55am  | Lap Swim/<br>Water Walking                 | Lap Swim/<br>Water Walking                                   | Lap Swim/<br>Water Walking                                    | Lap Swim/<br>Water Walking                                   |   | Lap Swim/<br>Water Walking<br>7am - 8:55am             |  |
| 9am - 9:55am     | Arthritis PLUS<br>9am - 9:55am             | Aqua Fitness Level II<br>9am - 9:55am                        | Arthritis PLUS<br>9am - 9:55am                                | Aqua Fitness Level II<br>9am - 9:55am                        | Lap Swim/<br>Water Walking<br>6:15am - 9:55am | Aqua Fitness<br>All Levels<br>9am - 9:55am             |  |
| 9am - 10:55am    | Deep Water<br>Walking                      | Deep Water<br>Walking  | Deep Water<br>Walking   | Deep Water<br>Walking  |   | Deep Water<br>Fitness<br>9am - 9:55am                  |  |
| 10am - 10:55am   | Aqua Yoga<br>Stretch*                      | Arthritis PLUS<br>10am - 10:55am                             | H2O Energized<br>10am - 10:55am                               | Arthritis PLUS<br>10am - 10:55am                             | Aqua Pilates*<br>10am - 10:55am               | Swim Lessons<br>10am - 11:30am                         | Lap Swim/<br>Water Walking<br>9am - 12pm                                     |
| 9am - 10:55am    | Deep Water<br>Walking                      | Deep Water<br>Walking  | Deep Water<br>Walking   | Deep Water<br>Walking  | Deep Water<br>Walking<br>9:00am - 10:55am     | Deep Water<br>Walking<br>10am - 11:30am                |  |
| 11am - 12pm      | Aqua Fitness<br>Level III<br>11am - 12pm   | Swim Lessons /<br>Rec. Swim /<br>Lap Swim<br>11am to 11:55am | Aqua Fitness Level<br>III<br>11am - 12pm                      | Swim Lessons /<br>Rec. Swim /<br>Lap Swim<br>11am to 11:55am | Aqua Fitness Level<br>III<br>11am - 12pm      | Adaptive Swim/<br>Swim Lessons<br>11:30am -<br>12:30pm |  |
| 12:05pm - 1:30pm | Lap Swim/<br>Water Walking                 | Lap Swim/<br>Water Walking                                   | Lap Swim/<br>Water Walking                                    | Lap Swim/<br>Water Walking                                   | Lap Swim/<br>Water Walking                    |  |  |
| 1:30pm - 3:45pm  | Lap Swim*/<br>Rec Swim                     | Lap Swim/<br>Rec. Swim*                                      | Lap Swim*/<br>Rec. Swim/<br>1:30pm - 3:55pm                   | Lap Swim/<br>Rec. Swim*/<br>1:30pm - 3:45pm                  | Rec Swim*<br>1:30pm - 3:55pm                  | Lap Swim/<br>Rec Swim*<br>12:30pm - 4pm                | Lap Swim/<br>Rec Swim*<br>12pm - 4:30pm                                      |
| 3:00pm - 4:00pm  | RCC Swim Lessons<br>3:00pm - 4:00pm        | Swim Team/<br>Swim Lessons*                                  | RCC Swim Lessons<br>3:00pm - 4:00pm                           | Swim Team/<br>Swim Lesson*                                   |   |  | (1st & 3rd<br>Sunday<br>every month)<br>Please see flyer<br>for exact dates. |
| 4pm - 5pm        | Swim Team<br>4pm - 5pm                     | 3:50pm - 5:30pm  | Swim Team<br>4pm - 5pm  | 3:50pm - 5:30pm  | Swim Team<br>4pm - 5pm                        |  |  |
| 5:15pm - 6pm     | Aqua Fitness<br>Level II*                  | Lap Swim*<br>5:30pm - 6:30pm                                 | Aqua Fitness Level<br>II*                                     | Lap Swim*<br>5:30pm - 6:30pm                                 | Aqua Fitness Level<br>II*                     | Lap Swim/<br>Water Walking*<br>4pm - 5:30pm            |  |
| 6pm - 6:30pm     | Lap Swim/<br>Water Walking                 | Swim Lessons<br>6:30pm - 8:10pm                              | Lap Swim/Water<br>Walking<br>6pm - 6:30pm                     | Swim Lessons<br>6:30pm - 8:10pm                              |   |  |  |
| 6:30pm - 7:30pm  | Lap Swim/<br>Shallow Deep<br>Water Fitness | Deep Water<br>Fitness<br>7:15pm - 8:00pm                     | Lap Swim/<br>Shallow Deep<br>Water Fitness<br>6:30pm - 7:30pm | Deep Water<br>Fitness<br>7:15pm - 8:00pm                     | Rec Swim<br>6pm to 8pm                        |  |  |
| 7:30pm - 8:30pm  | Rec Swim Only<br>7:30pm - 8:30pm           |  |   |  |   |  |  |
| 8:30pm - 9:30pm  | Lap Swim/<br>Water Walking                 | Lap Swim<br>8:15pm - 9:30pm                                  | Lap Swim/<br>Rec Swim*<br>7:30pm - 9:30pm                     | Lap Swim<br>8:15pm - 9:30pm                                  |   |  |  |

**Whistle Signals:**  
One short blasts = Stop and look at the lifeguard  
Two short blasts = Lifeguard communication  
One long blast = Emergency, clear the pool.  
Periodic lifeguard drills will be conducted randomly throughout the day. Please follow the lifeguards commands. We thank you for your patience.

Key:  
\*Lap lane may be available. Number of lanes is based on lifeguards discretion.

# SCHEDULE DESCRIPTIONS

**Lap Swim:** Lap swim is open to all facility members who can comfortably swim the length of the pool (25 yards) without stopping. When entering a lane already occupied by a swimmer, please let them know you will be joining them. When there are two swimmers you may split the lane. When there are more than two swimmers per lane, please circle swim. Children under the age of 18 are not permitted to swim during lap swim without the approval of the lifeguard on duty and must be able to swim continuously. Individual water aerobic exercisers and water walking is permitted only in the slow lane. Number of lanes designated to each activity is based on lifeguard's discretion.

**Water Walking:** Water walking is open to all facility members to increase physical health and lessen the impact on joints. We ask that you walk at posted times, but water walking is available during lap swim. When water walking, please utilize the first lane first.

**Adaptive Swim:** Adaptive swim is a recreational swim time set aside for people with special needs in the water. Volunteers are there to help facilitate participants' enjoyment and safety. Adaptive swim time is Saturdays from 11:30am-12:30pm. Children must be accompanied by an adult. \*\$2 per class/drop-in, or facility members

**Deep H2O Walking:** Deep H2O Walking is open to all adult facility members who wish to exercise in the deep water area. Be aware of the class participants in the shallow area.

## Aqua Class Descriptions

**Aqua Fitness:** Most water classes are held in the shallow end of the pool, though participants may utilize the deep end as well. Classes include warm-up, cardiovascular session, strengthening exercises, warm-down, and stretching. Various levels are available to best fit your needs:

**Level 1:** Beginners and Active Older Adults,

**Level 2:** Beginners to Intermediate,

**Level 3:** Intermediate to Advanced

**Arthritis Aqua Fitness:** Sanctioned by the Arthritis Foundation, this class is specially designed for people of all ages living with arthritis. The class focuses on improving flexibility and increasing muscle strength. Arthritis PLUS is a more advanced level for those who want a more rigorous workout. A physician's authorization is required for participation. Pre-registration is required for program members.

**Deep Water Fitness:** Invigorating workout without the impact. Put on a flotation belt and join the fun! Class focuses on cardiovascular endurance and muscular strength. The deep-water combo class begins as a shallow water workout and continues as a deep-water fitness class. Class participants must be able to swim.

## Pool Rules:

1. In compliance with California State Law, a soap shower is required before entering the swimming pool.
2. Bathing suit must be worn at all times. No cotton material is permitted in the pool.
3. Children under the age of 3 must wear swim diapers and tight fitting rubber pants.
3. Children six years and younger must be accompanied by an adult or member over 18 years of age in the water (No more than arms length away at all times).
4. All children under the age of sixteen must pass a deep end swim test if they wish to swim in the deep end without an accompanying adult.
5. Children seven through 11 years old may swim by themselves, but an adult must be in the facility. Children 7-11 who do not pass the deep end swim test must have an adult on the pool deck at all times.
6. Walk on the pool deck at all times.
7. Water in plastic bottles are allowed on the pool deck, no food or glass containers at any time.
8. Running dives, back jumps or "twisty jumps" are not permitted.
9. No horseplay or rough housing (including, but not limited to, dunking, excessive splashing).
10. Hair longer than shoulder length needs to be tied back or worn in a swimming cap.
11. Breath hold games are strictly prohibited, as is hypoxic training.
12. Inappropriate language and behavior are not permitted.
13. The lifeguard on duty has the right and responsibility to provide a safe, fun environment to members and guests. Individuals not adhering to rules and guidelines enforced by the lifeguard may be asked to leave.