

Fall Aquatic Schedule

Effective November 1st, 2020 – December 31st, 2020

NEW Members ONLY time Mon-Fri 5am-6am & Sat 6am-7am

	Lap Swim	Open Plunge		Deep Water Aerobics	Shallow Water Aerobics	Senior Aerobics	Fitness Swimming
		Lap Pool	Leisure Pool				
Mon	5-5:55 am (6 lanes) 6-6:55 am (1 lane) 10am-1:30pm (3 lanes) 7-7:55 pm (1 lane)	7-8 pm	5-9 am *Adult's only 10am-12pm **Parent & Child Water Play 3:30-5:10pm 7-9pm	6 am 9 am 8 pm	8 pm 9 pm	7 am 8 am	
Tues	5-8:55 am (6 lanes) 11am-1:30pm (3 lanes) 6:15-9 pm (1 lane) 9-10:30pm (6 lanes)	7-8 pm	5-9 am *Adult's only 3:30-9pm	9 am 6 pm	6 am 8 pm	10 am	5am
Weds	5-5:55 am (6 lanes) 6-6:55 am (1 lane) 10am-1:30pm (3 lanes) 7-7:55 pm (1 lane)	7-8 pm	5-9 am *Adult's only 10am-12pm **Parent & Child Water Play 3:30-5:10pm 7-9pm	6 am 9am 8 pm	9 pm	7 am 8 am	
Thurs	5-8:55 am (6 lanes) 11am-1:30pm (3 lanes) 6:15-9 pm (1 lane) 9-10:30pm (6 lanes)	7-8 pm	5-9 am *Adult's only 3:30-9pm	9 am 6 pm	6 am 8 pm	10 am	5 am
Fri	5-5:55 am (6 lanes) 6-6:55 am (1 lane) 10am-1:30pm (3 lanes) 6-7pm (1 lane)	6:15-7 pm	5-9 am *Adult's only 10am-12pm **Parent & Child Water Play 3:30pm-7pm	6 am 9am		7 am 8 am	
Sat	6-7:55 am (6 lanes) 8-9 am (1 lane) 9-11 am (2 lanes) 11am-7 pm (1 lane)***	11-7pm ***Wibit 11-7pm 1 st & 3 rd Sat	7-11 am *Adult's Only 11-7 pm	8 am Combo Class			
Sun	12-5 pm (1 lane)	12-5 pm	12-5 pm				

SCHEDULE SUBJECT TO CHANGE

* There may be private lessons with children in portions of the pool during this time.

**The leisure pool will be open for children 8 and under, they must be accompanied by an adult in the water. The water features and slide will be off.

***Wibit scheduled to be in the 1st and 3rd Saturday of each month. No lap lanes will be available when Wibit is in the water. Wibit schedule is subject to change.

High school swimming meets are held in lap pool occasionally Tues or Thurs 2:30pm-6pm Nov to Jan

During open plunge there may be a 7-10 minute rest room break every hour.

Schedule will vary on holidays. Please check with front desk for holiday hours.

The Clearfield Aquatic Center reserves the right to change the hours listed above.

Utah State Health Code requires all children under age 3 to wear a swim diaper and waterproof pants.

Swim diapers and waterproof pants are available for purchase at the front desk.

Follow us on Facebook @ ClearfieldRecAndAquaticCenter

Fall Water Aerobic Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Power H2O Combo Erin	Lazy River Challenge-Shallow Joy	Deep Cardio Intervals Erin	Lazy River Challenge- Shallow Joy	Power H2O Combo Lori	
7:00 am	S.A.F.E.- Shallow Joy		S.A.F.E.- Shallow Rebecca		Fun & Fitness Shallow Joy	
8:00 am	Slow & Easy Shallow Rebecca		Slow & Easy Shallow Rebecca		SilverSplash Shallow Corina	Liquid Moves Combo Sharilyn
9:00 am	Deep Water Rebecca	Aqua Motivation Deep Cindy	Water Blast- Deep Clarissa	Aqua Motivation Deep Corina	Deep Water Erin	
10:00 am		Arthritis Shallow Corina		Arthritis Shallow Cindy		
6:00 pm		Liquid Moves Combo Sharilyn		Liquid Moves Combo Sharilyn		
8:00 pm	Power H2O Combo Clarissa	Aqua Zumba® Shallow Leticia	Power H2O Combo Corina	Aqua Zumba® Shallow Carley		

Schedule Subject to Change

Deep Water Aerobics: Do you want a great low-impact, fat-burning workout. This course is designed to introduce the enthusiast, as well as the “want to be” enthusiast, to the marvels of deep conditioning. Participants wear deep water belts especially designed to keep them afloat in the deep water. Experience innovative cardiovascular exercises performed with no impact on the body.

Liquid Moves: Experience a unique aquatic workout! This class offers aquatic moves to help increase muscular strength, flexibility, and cardiovascular endurance in a different format than the traditional water aerobics class. It’s an amazing all-over conditioning experience with no jarring impact on the joints. Check it out for a change of pace and a great workout.

Senior Aquatic Fitness Enthusiasts!! S.A.F.E. : This water aerobics class is specially designed for the person over 50 years old, however, it is open to anyone who is interested in a fun, low-impact water workout. Aerobic capacity, strength, flexibility, balance and reaction time will greatly improve. Meet new friends and improve your physical fitness every morning at the Clearfield Aquatic and Fitness Center.

Arthritis: This program is designed to help relieve pain and stiffness caused by arthritis while providing a fun social opportunity. Participants will be led through a series of specially designed exercises, which with the aid of the water's buoyancy and resistance can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. It is not necessary to know how to swim. Instructors are certified through the Arthritis Foundation.

Lazy River Challenge: Try this new early morning water class in the warm leisure pool! Do a variety of exercises against the current while having a great time. Increase your flexibility, strength, and endurance and release that unwanted stress as you work against the resistance of the water for a great workout. Water shoes are recommended!

Aqua Zumba: Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. **This class is 45 minutes in length.**

SilverSneakers Splash: Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

The Water Experience: Do you want a great fat burning workout that is always changing? You never truly know what each Saturday will bring, it may be deep, shallow or a combination of both. Experience innovative cardiovascular exercises performed with no impact on the body.