



AQUATICS SCHEDULE

MARCH 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM - 12PM 2 LANES RESERVED FOR LESSONS	8:30 - 9:30AM WET WORKOUT SHALLOW <i>Grace</i>	12 - 1PM WET WORKOUT DEEP <i>Kelly</i>	8:30 - 9:30AM WATER CIRCUIT <i>Grace</i>	10 - 11AM RESERVED FOR LESSONS	8:30 - 9:30AM WATER CIRCUIT <i>Rania</i>	9AM - 12PM 2 LANES RESERVED FOR LESSONS
9AM - 12PM RESERVED FOR LESSONS	9:30 - 10:30AM WET WORKOUT SHALLOW <i>Grace</i>	1 - 2PM SHALLOW WATER FITNESS <i>Kelly</i>	9:30 - 10:30AM WET WORKOUT SHALLOW <i>Grace</i>	12 - 1PM WET WORKOUT DEEP <i>Diane</i>	9:30 - 10:30AM WET WORKOUT SHALLOW <i>Rania</i>	9AM - 12PM RESERVED FOR LESSONS
	3:30 - 6PM RESERVED FOR LESSONS	1 - 2PM 1 LANE RESERVED	10:30 - 11:30AM RESERVED FOR LESSONS	1 - 2PM SHALLOW WATER FITNESS <i>Diane</i>		
	4 - 6PM 2 LANES RESERVED FOR LESSONS	3:30 - 6PM RESERVED FOR LESSONS	1 - 2PM SINGLE GENDER SWIM <i>Women only</i>	1 - 2PM 1 LANE RESERVED		
	8:15 - 9:15PM SINGLE GENDER SWIM <i>Men only</i>	4 - 6PM 2 LANES RESERVED FOR LESSONS	3:30 - 6PM RESERVED FOR LESSONS	4 - 6PM RESERVED FOR LESSONS		
		8:15 - 9:15PM SINGLE GENDER SWIM <i>Women only</i>	4 - 6PM 2 LANES RESERVED FOR LESSONS	4 - 6PM 2 LANES RESERVED FOR LESSONS		
			8:15 - 9:15PM SINGLE GENDER SWIM <i>Men only</i>	7 - 8PM (4/11, 5/23) ADAPTED WATER FITNESS		
				8:15 - 9:15PM SINGLE GENDER SWIM <i>Women only</i>		

SWIM SCHOOL

at the J

The J offers year-round lessons for swimmers of all ages and abilities. All lessons are taught by certified instructors. Group and private sessions are available for both children and adults. Group lessons cannot be prorated, refunded, or made up, due to limited class capacity.

Sign up for lessons today!

LEISURE POOL

OUTDOOR POOL

Fees apply; registration required. Visit the Welcome Desk for details.

LAP POOL

ENTIRE AQUATIC CENTER

Registration required. Call 513.761.7500 no more than 2 days prior to class.

Shallow Water Fitness (Beginner - Advanced): This program uses water resistance to develop muscle tone and flexibility. The warm water eliminates any pounding pressure on joints, while providing a stimulating workout.

Water Circuit (Beginner - Advanced): Join us for this class that combines cardio exercise and resistance work for the total body wet workout!

Wet Workout (Shallow and Deep) (Beginner - Advanced): Shallow water workout provides low impact exercise that is safe for all fitness levels. Deep water workout provides non-impact exercise. We use flotation belts in deep water, and aquabuys, paddles and gloves.

Group Ex questions? Contact Kelly Greulich: 513.761.7500 ext. 1237

All Group Ex classes are FREE for members age 16+ unless otherwise noted. Pools open when class is not scheduled. Printed schedules are updated on the 1st of each month. Classes are subject to change at any time; please see the Fitness Desk for any updates.