



## JIM DAILEY FITNESS & AQUATIC CENTER Indoor Aquatic Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm- <b>Lap Swim</b> 4:45pm	5:30am- <b>Lap Swim</b> 8:45pm	5:30am- <b>Lap Swim</b> 8:45pm	5:30am- <b>Lap Swim</b> 8:45pm	5:30am- <b>Lap Swim</b> 8:45pm	5:30am- <b>Lap Swim</b> 8:45pm	7:00am- <b>Lap Swim</b> 5:45pm
3:00pm- <b>Family Swim</b> 4:30pm	6:00am- <b>Swim Team</b> 7:00am	6:00am- <b>Aqua Power</b> 7:00am <i>Aljay S.</i>	6:00am- <b>Swim Team</b> 7:00am	6:00am- <b>Aqua Power</b> 7:00am <i>Aljay S.</i>		
4:45pm- <b>Pool Area</b> <b>Closed</b>						9:00am- <b>Aqua Fit</b> 9:45am <i>Dewayne G.</i>
	9:30am- <b>Aqua Fit</b> 10:30am <i>Debi M.</i>	9:30am- <b>Aqua Fit</b> 10:30am <i>Dewayne G.</i>	9:30am- <b>Aqua Fit</b> 10:30am <i>Debi M.</i>	9:30am- <b>Aqua Fit</b> 10:30am <i>Dewayne G.</i>	9:30am- <b>Aqua Fit</b> 10:30am <i>Debi M.</i>	
1:30pm- <b>Pool Party</b> 3:30pm	10:30am- <b>Arthritis</b> 11:30am <b>Foundation</b> <i>Debi M.</i>		10:30am- <b>Arthritis</b> 11:30am <b>Foundation</b> <i>Debi M.</i>		10:30am- <b>Arthritis</b> 11:30am <b>Foundation</b> <i>Debi M.</i>	10:00am- <b>Family Swim</b> 12:00pm
2:30pm- <b>Pool Party</b> 4:30pm						2:00pm- <b>Children's Day</b> 5:30pm
						5:45pm- <b>Pool Area</b> <b>Closed</b>
	4:00pm- <b>Swim Team</b> 8:15pm	4:00pm- <b>Swim Team</b> 8:15pm	4:00pm- <b>Swim Team</b> 8:15pm	4:00pm- <b>Swim Team</b> 8:15pm	4:00pm- <b>Swim Team</b> 8:15pm	
						1:30pm- <b>Pool Party</b> 3:30pm
	5:30pm- <b>Aqua Zumba</b> 6:15pm <i>Ashley C.</i>	5:30pm- <b>Aqua Fit</b> 6:30pm <i>Deborah W.</i> 6:30pm- <b>Family Swim</b> 8:30pm	5:30pm- <b>Aqua Power</b> 6:30pm <i>Trina W.</i>	5:30pm- <b>Aqua Fit</b> 6:30pm <i>Deborah W.</i> 6:30pm- <b>Family Swim</b> 8:30pm	5:30pm- <b>Family Swim</b> 8:30pm	2:30pm- <b>Pool Party</b> 4:30pm
	8:45pm- <b>Pool Area</b> <b>Closed</b>	8:45pm- <b>Pool Area</b> <b>Closed</b>	8:45pm- <b>Pool Area</b> <b>Closed</b>	8:45pm- <b>Pool Area</b> <b>Closed</b>	8:45pm- <b>Pool Area</b> <b>Closed</b>	

\*Please note that classes & instructors may change at any time.

\*Lap swim will be available at all times.

\*Pool & sauna will close 15 minutes before facility closes.

\*Lap swim is for those ages 16 and older.

\*Family Swim times are designated for families with children ages 15 years and under.

\*Parent/Child Fitness: Children may swim laps in the same lane as their parents. Parental supervision is required!

\* During Children's Day, children ages 6 to 15 years are allowed to swim without parental supervision.

\* Classes may be canceled due to inclement weather. or Holidays

Pool Parties may be booked at the front desk for Saturdays & Sundays

**For more information about our programs & lane availability, see the back of this sheet!**

## Indoor Lane Schedule: 5:30am-4:00pm

(L1)	(L2)	(L3)	(L4)	(L5)	(L6)
<b>Lap Swim</b> 5:30am-6:00am	<b>Lap Swim</b> 5:30am-6:00am	<b>Lap Swim</b> 5:30am-4:00pm	<b>Lap Swim</b> 5:30am-4:00pm	<b>Aerobics Lane</b> 5:30am- 6:00am	
<b>Swim Team</b> 6:00am-7:00am M/W	<b>Swim Team</b> 6:00am-7:00am M/W			<b>Aqua Power</b> 6:00am-7:00am T/TH	
				<b>Aqua Fit</b> 9:30am-10:30am M-F	
				<b>Arthritis Foundation</b> 10:30am-11:30am M/W/F	
<b>Lap Swim</b> 7:00am-4:00pm	<b>Lap Swim</b> 7:00am-4:00pm			<b>Aerobics Lane</b> 11:30am-4:00pm	

## Indoor Lane Schedule: 4:00pm-8:45pm

(L1)	(L2)	(L3)	(L4)	(L5)	(L6)
<b>Swim Team</b> 4:00pm-8:15pm M/T/Th/F	<b>Swim Team</b> 4:00pm-8:15pm M/T/Th/F	<b>Lap Swim</b> 4:00pm-4:45pm	<b>Lap Swim</b> 4:00pm-8:45pm	<b>Aerobics Lane</b> 4:00pm-5:30pm	
4:00pm-7:30pm W	4:00pm-7:30pm W	<b>Swim Team</b> 4:45pm-6:30pm T/Th		<b>Zumba/Fit/Power</b> 5:30pm-6:30pm M-F	
<b>Lap Swim</b> 8:15pm-8:45pm	<b>Lap Swim</b> 8:15pm-8:45pm	<b>Lap Swim</b> 6:30pm-8:45pm		<b>Family Swim</b> 6:30pm-8:30pm T/TH/F (5:30pm-8:30pm)	
				<b>Aerobics Lane</b> 8:30pm-8:45pm	

### JDFAC Pool Rules and Info

- \*The lap pool is 25 yards long, 3-5 feet deep, and 83-85°F
- \*Participants must shower with soap before entering the pool.
- \*Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.
- \*No diving anywhere in the pool.
- \*No running or rough play.
- \*No displays of public affection.
- \*Spitting or blowing of the nose is prohibited.
- \*Long hair should be pulled back and secured.
- \*Approved swimwear only. Must be in good condition, lined and with no transparency.
- \*No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic shoes are allowed.
- \*Approved personal pool equipment is allowed if it is for aquatic fitness safety.
- \*Lap swim times are for ages 16+ years. Lap swimmers must be swimming continuous laps at all times
- \*Lap swimmers must share lanes if all lanes are occupied.
- \*If the swim lift is needed, ask a staff member for more information on how to use it properly.
- \*Pool and sauna closes 15 minutes before facility closing.
- \*Please obey lifeguards at all times. Lifeguards may change and/or modify rules to keep patrons safe.

### Indoor Pool Programs

- Arthritis Foundation-** Class is designed for those with arthritis, joint and muscular conditions. Exercises are specific for improving range of motion, muscular strength and endurance
- Aqua Boot Camp-** If you like the traditional boot camp exercises, try this class that brings it to the water!
- Aqua Fit-** Total body workout that incorporates cardiovascular endurance, toning and flexibility.
- Aqua Power-** Medium to high impact water aerobics that uses cardio and weights to create a high metabolism boost.
- Aqua Zumba-** Ditch the normal workout and join the party in the pool! Aqua Zumba not only gives you a great cardio workout, but lets you have fun with friends and music!
- Deep Water Workout-** A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.
- Power Sculpt Express-** This 15 minute class is geared for participants who want to have a healthy core, back, arms and legs by using water weights and noodles.