

JIM DAILEY FITNESS & AQUATIC CENTER Indoor Aquatic Schedule



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

^{*}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.

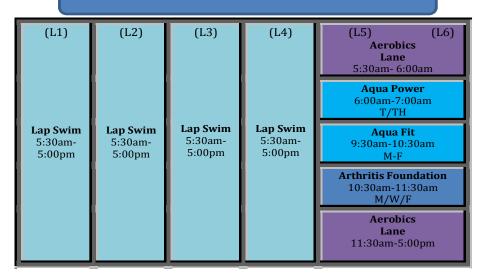
^{*}Family Swim times are designated for families with children ages 15 years and under.

^{*}Parent/Child Fitness: Children may swim laps in the same lane as their parents. See back for more details.

^{*} During <u>Children's Day</u>, 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

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



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 <u>must</u> 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 Lane Schedule: 5:00pm-8:45pm

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

Indoor Pool Programs

Parent/Child Fitness: Children may swim with an adult in the same lane for the purposes of working out. At all times, the child needs to be accompanied by a guardian. The JDFAC staff reserve the right to remove individuals that do not adhere to the rules set forth by the facility.

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 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!