# Jim Dailey Fitness & Aquatic Center

## Indoor Aquatic Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tr>
<td>5:30am- Lap Swim 8:45pm</td>
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<td>9:30am- Aqua Fit 10:30am Debi M. 11:30am Arthritis Foundation 10:30am Debi M.</td>
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<td>2:00pm- Children's Day 5:30pm</td>
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<td>4:45pm- Pool Area Closed</td>
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<td>5:30pm- Aqua Zumba 6:15pm Ashley C.</td>
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*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.*

Children swimmers require an adult in the water while swimming. 1 adult per 3 children. No GROUPS allowed.

No child swimmers during class.

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

**Swim Team** - In the event of inclement weather, the swim team will practice inside, changing lane availability from 4:00pm-8:00pm.