

WARM WATER POOL SCHEDULE

January 1 – January 31, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 – 8 am		Joints-N-Motion Victoria		“Oh My Aching Back” Victoria			
9 – 10 am	Strength, Stretch and Flexibility Lois	Joints-N-Motion Joyce	Strength, Stretch and Flexibility Lois	Joints-N-Motion Martha		Moving On 8:30 – 9:30	
10 – 11 am		Swim Lessons 10:00-11:00 Family Open Swim 10:30-11:15		Swim Lessons 10:00-11:00 Family Open Swim 10:30-11:15			
12 – 1 pm	Joints-N-Motion Martha/Jennifer		Joints-N-Motion Martha/Jennifer		Joints-N-Motion Martha/Jennifer		
1 – 2 pm	Joints-N-Motion Jennifer/Michelle		Joints-N-Motion Martha/ Jennifer		Joints-N-Motion Martha/Jennifer		
2 – 3 pm	Joints-N-Motion Jennifer/Michelle	“Oh My Aching Back” 2 – 2:45 Victoria	Joints-N-Motion Martha/Jennifer	“Oh My Aching Back” 2 - 2:45 Victoria	Joints-N-Motion Martha/Jennifer		
4 – 5 pm	Swim Lessons Jan 11-Feb 4	Swim Lessons Jan 11- Feb 4	Swim Lessons Jan 11-Feb 4	Swim Lessons Jan 11- Feb 4			
5:15 – 6pm	Swim Lessons Jan 11-Feb 4	Bosom Buddies Joyce	Swim Lessons Jan 11-Feb 4	Bosom Buddies Joyce			
6 –6:45 pm	Swim Lessons Jan 11-Feb 4	Moving On Sheryl	Swim Lessons Jan 11- Feb 4	Moving On Michelle			
7 – 8:30 pm		Swim Lessons Jan 11-Feb 4		Swim Lessons Jan 11-Feb 4			



Sanford Wellness Center Warm Water Pool Class Descriptions

Joins-N-Motion

45 minute class + 15 minutes “your own time.” Class is comprised of warm-up, upper and lower body exercises, toning, cool down and stretching. The last 15 minutes of class will be designed as “your own time.” You can water walk, use the noodle, ask the instructor to show you some new exercises, socialize or hit the shower.

Moving On

45 minute class. An upbeat tempo class that focuses on muscular strength and endurance for people affected by arthritis. Moves are performed rhythmically and continuously at a moderate intensity. This class offers an advanced arthritis type format that focuses on muscular strength and endurance. Moves are performed, rhythmically and continuously at a moderate intensity.

Stretch, Strength, & Flexibility

The purpose of this class is to improve functional strength for everyday tasks. The one hour class begins and ends with a focus on stretching to improve and maintain flexibility. The majority of the class time is spent improving strength using a variety of equipment and movements.

“Oh My Aching Back”

45 minute class. Class starts with warm up, moves into exercises for balance and core strength, cool down and finally a wall stretch series.

Family Open Swim

Open swim time for parents and children.
Children must be accompanied by an adult.

Pool temperature is 92 – 94 degrees.

***Exercise in this pool is not aimed
at aerobic conditioning, but for
toning and therapeutic purposes.***

New Participants

- *New participants should arrive at class 5 minutes early if possible.*
- *Please let the instructor know if you have any physical limitations.*
- *If your doctor or physical therapist has told you not to do certain exercises, please follow their instructions.*

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