



## Holiday Schedule 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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**Adult patrons may use the pool during all open hours.** Patrons with children must be in the pool with their minors when lifeguards are off duty. During general swim, when lifeguards are on duty, children ages 6 and under still require an adult in the pool at all times, children ages 7 to 8 require adult supervision in the pool area. At least one lane will be open at all times for lap swimming.

<b>Pilates Mat</b> 9:00-9:50 AM (Paula)	<b>Sculpt</b> 6:30-7:30 AM (Laura)	<b>Pilates Mat</b> 9:00-9:50 AM (Paula)	<b>Sculpt</b> 6:30-7:30 AM (Laura)		<b>Masters Workout</b> 9:00-10:00 AM (Self Directed)	<b>General Swim</b> 1:00 - 6:00 PM
<b>Step Aerobics</b> 10:00-11:00 AM (Paula)	<b>Core Tabata</b> 10:00-11:00 AM (Laura)	<b>Ski Prep</b> 10:00-11:00 AM (Paula)	<b>Core Tabata</b> 10:00-11:00 AM (Laura)	<b>Classic Strength</b> 10:00-11:00 AM (Laura)	<b>General Swim</b> 1:00 - 8:00 PM	
		<b>Wellness Wednesdays</b> 10:00-11:00 AM			To reserve the pool for private use, please contact the front desk.	<u>Lifeguards are On Duty during GENERAL SWIM</u>
<b>Community Water Aerobics</b> 10:00-11:00 AM	<b>Community Water Aerobics</b> 10:00-11:00 AM	<b>Community Water Aerobics</b> 10:00-11:00 AM	<b>Community Water Aerobics</b> 10:00-11:00 AM	<b>Community Water Aerobics</b> 10:00-11:00 AM		
<b>Swim Lessons</b> 2:30- 5:30 PM (Alyssa)	<b>Swim Lessons</b> 2:30- 5:30 PM (Alyssa)	<b>Swim Lessons</b> 2:30- 5:30 PM (Alyssa)	<b>Swim Lessons</b> 2:30- 5:30 PM (Alyssa)	<b>General Swim</b> *3:00 PM - 8:00 PM <b>Local's Night</b> Cascade Residents swim for FREE	<b>Special Events:</b> <b>Kid's Night Out:</b> December 21 <sup>st</sup> 4-8 PM. Let us entertain the kiddos while you wrap up Holiday preparations! \$20/child + \$10/each additional sibling. December 30 <sup>th</sup> 1-4 PM: <b>Polar Bear Plunge Family Day!</b> <i>*During winter break, lifeguards will be on duty at 1:00 PM during the week.</i>	
<b>General Swim</b> *3:00 PM - 6:00 PM <b>Local's Night</b> Cascade Residents swim for FREE	<b>General Swim</b> *3:00 PM - 6:00 PM	<b>General Swim</b> *3:00 PM - 6:00 PM	<b>Swim Club</b> 4:00- 5:00 PM (Alyssa) <b>General Swim</b> *3:00 PM - 6:00 PM			
<b>Masters Workout</b> 6:30-7:30 PM (Alyssa)	<b>Power Hour</b> 4:00-5:00 PM (Laura)	<b>Wellness Wednesdays</b> 6:00-7:00 PM	<b>Power Hour</b> 4:00-5:00 PM (Laura)			
	<b>Yoga</b> 6:15-7:15 PM (Holly)	<b>Aqua Yoga</b> 7:00-8:00 PM (Alyssa)	<b>Yoga</b> 6:15-7:15 PM (Holly)	<b>Holiday Hours:</b> 12/1/17: Close at 6:00 PM. 12/25/17: Closed 12/31/17: Close at 6:00 PM.		
			<b>Kayak Night</b> 6:00-8:00 PM Open Play			

### Open Facility Times:

Monday - Friday 6:00 AM - 8:00 PM  
Saturday 9:00 AM - 8:00 PM  
Sunday 12:00 PM- 8:00 PM



\*\*Patrons must be 16 and older to be in the Fitness Center and to be unattended in the pool.

Class Fee: \$2.50/class for members and \$5/class for non-members. Please register with the front desk to attend classes.

# Class Descriptions

**Aqua Yoga:** Gentle and low impact, using intuitive movement, breathing and resistance exercises, as well as stretching and holding poses to teach our bodies to feel buoyant and comfortable.

**Classic Strength:** This class is for seniors and anyone overcoming an injury or illness. Gentle and great for beginners. Many of the exercises are performed from a chair with modifications for more advanced participants. Focus is to increase strength, balance and range of motion.

**Community Water Aerobics:** Exercises using the water as resistance to enable the student the benefit of weight lifting without added risk of strains and sprains on your body. This class is member lead with the use of an instructional video. Cost is FREE to members and daily rates for non-members.

**Core Tabata:** Geared towards all levels, working on upper and lower body as well as the CORE!

**General Swim:** Swimming at this time is open to people of all ages and under the supervision of a Lifeguard. Children under the age of eight must be accompanied by an adult (adult must be in the same pool with children age six and under). Members swim for free, and non-members pay daily rates.

**Kayak Night:** Bring your own kayak or rent one of ours (\$5/boat) and practice your skills in the safety and warmth of the pool (Please call ahead to reserve a boat, otherwise it is first come, first served).

**Masters Workout:** Learn to be more proficient, efficient, gain endurance and work on your swimming technique. Open to ages 15 and up who are looking for a great workout in the water. Monday night classes will be guided by a coach, Saturday morning classes will be self-guided with posted workouts. Cost is FREE to members and daily rates for non-members.

**Pilates Mat:** This series is comprised of the classic mat exercises developed by Joseph Pilates - performed with precision and focus to build core strength, lengthen muscles and increase flexibility. Discover muscles you never knew you had!

**Power Hour:** This is the hour to get empowered! We will improve all over fitness through a variety of exercises. Come to destress or come to rev up! You will always be glad you came.

**Sculpt:** Total body strength and tone class using free weights and a step. Be prepared to work hard and see results quickly. Adaptable for all fitness levels.

**Ski Prep:** Get conditioned for the slopes! This workout will focus on primary muscle groups needed for optimum skiing.

**Step Aerobics:** Step aerobics is a form of aerobic exercise using an elevated platform (the step) to get a great cardio workout.

**Swim Club:** Swim club is a free opportunity to all youth members to improve their swimming skills through posted workouts, structured activities and guided instruction.

**Swim Lessons/Stroke School:** All ages and skill levels. \$60 for members and \$80 for non-members per eight-week session (once a week for 30-45 minutes). Private lessons available upon request. Please register at the front desk. Scholarships available.

**Wellness Wednesdays:** This is an 8-session wellness program focused on strengthening the mental muscle. Join the final sessions for \$5/class. 12/6: Tools for Success, 12/13: Old Beliefs, new you, 12/20: Do it!

**Yoga:** Mindfulness, body movement and postures, breathing exercises and more for total health and wellness.

\*\*\*Scholarships available for all programs\*\*\* Inquire about details at the front desk\*\*\*