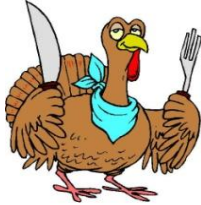


Northeast Community Center

November 20-26, 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-6:15am	Lap Swim	Lap Swim	Lap Swim	 CLOSED	Lap Swim	7-8am	Lap Swim
6:15-6:45am		Deep Water Workout			Closed - LG Break	Closed - LG Break	8-9am
6:45-7am	Closed - LG Break	Lap Swim	Lap Swim		Lap Swim	9-9:15am	Closed - LG Break
7-8:15am	Lap Swim		Lap Swim		Lap Swim	9:15-12:30pm	Open Swim
8:15-8:30am	Closed - LG Break	Closed - LG Break	Closed - LG Break		Closed - LG Break	12:30-1:15pm	Closed - LG Break
8:30-9:15am	Water Workout				Water Workout	1:15-2:30pm	Lap Swim
9:15-9:45am	Core Power	Open Swim	Core Power		Core Power	2:30-2:45pm	Pool Closed Lifeguard Break
9:45-10:30am	Joints In Motion		Joints In Motion		Joints In Motion	2:45-4:45pm	Open Swim
10:30-11am	Pool Closed Lifeguard Break	Pool Closed Lifeguard Break	Pool Closed Lifeguard Break		Pool Closed Lifeguard Break	Sunday	
11-11:50am	Water Workout		Deep Water Workout		Water Workout	9-10:30am	Lap Swim
11:50-1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	10:30-10:45am	Pool Closed Lifeguard Break	
1:30-1:45pm	Closed - LG Break	Pool Closed Lifeguard Break	Pool Closed Lifeguard Break	Closed - LG Break	10:45-12pm	Open Swim	
1:45-2:45pm	Senior Exercise			Senior Exercise	Senior Exercise	12-12:30pm	Pool Closed - LG Break
2:45-5:15pm	Open Swim	Open Swim	Open Swim	Open Swim	12:30-2:30pm	Open Swim	
5:15-5:45pm	Closed - LG Break	Closed - LG Break	Closed - LG Break	Closed - LG Break	2:30-2:45pm	Pool Closed - LG Break	
5:45-6:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	2:45-3:45pm	Open Swim	
6:45-7:45pm	Open Swim	Open Swim Flick & Float Moana 6pm	Open Swim	Lifeguard Break 6:45-7:10pm	Help Us Maintain Top-Quality Pool Water: Children not toilet trained must wear swim diapers. Please shower before swimming and refrain from wearing body lotions, fragrances, hair spray/gels, and makeup into our pool.		
7:45-8:35pm	Water Workout	Open Swim / Lap Swim	Water Workout	Water Workout 7:15-8:05pm			
8:35-8:45pm	Pool Closed		Pool Closed	Pool Closed	*Schedule subject to change	*Private lessons may occur during other activities	

ADULT AQUATIC FITNESS CLASSES

The following classes are included with membership; classes are open to the public, however a drop-in fee is required for all guests of the NECC. Registration is not required but encouraged.

Core Power

Utilize the shallow and deep ends of the pool to improve core strength and flexibility, focusing on abdominal and back muscles.

Deep Water Workout

A low-impact workout held in neck-deep water, typically in the deep end of the pool with a flotation device (some classes utilize the shallow end for stretching). NECC provides noodles, hand buoys, and optional free weights.

Joints in Motion

This class is informed by the Arthritis Foundation curriculum and focuses on range of motion rather than aerobics. This class is great for those challenged by Arthritis, Parkinson's, Lupus, and stroke recovery, among others.

Lap Swim

Improve your fitness level by lap swimming. It works all of the muscle groups and provides a great cardiovascular workout. NECC Equipment includes: kick boards, pull buoys, fins, and hand paddles.

Open Swim

Go ahead, dive in! Our warm water pool is an excellent way to get a good workout while splashing around with the family.

Senior Exercise

This class is similar to the Water Workout class, but performed at a lower intensity. This class emphasizes maintaining and improving range of motion, and also incorporates elements from the Joints In Motion class. NECC provides noodles, hand buoys, and optional free weights.

Water Workout

An aerobics class in the shallow water designed to get heart rates up, and improve flexibility & core strength while having fun. Participants utilize buoys, free weights, noodles, and sometimes kick boards and iron weights (all provided by NECC). Different levels offered at different times of the day.

Refer to the Pool Schedule for current class times/days. For a quick overview of the schedule, check out the calendar in the sidebar. The arrow in the top right corner will allow you to select specific interests.

- See more at: <http://necommunitycenter.org/schedules-and-classes/aquatics/aquatic-exercise>