

# Northeast Community Center Winter 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-6:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7-8am	Lap Swim
6:15-6:45am		Deep Water Workout		Deep Water Workout		8-9am	Deep Water Workout
6:45-7am	Closed - LG Break		Closed - LG Break		Closed - LG Break	9-12:40pm	Swim Lessons
7-8:15am	Lap Swim					12:40-1:15pm	Closed - LG Break
8:15-8:30am	Closed - LG Break	Closed - LG Break	Closed - LG Break	Closed - LG Break	Closed - LG Break	1:15-2:30pm	Lap Swim
8:30-9:15am	Water Workout			Deep Water Workout	Water Workout	2:30-2:45pm	Pool Closed Lifeguard Break
9:15-9:45am	Core Power	Poolleyball/Open Swim	Core Power	Swim Lessons 9:15-10:20am	Core Power	2:45-4:45pm	Open Swim
9:45-10:30am	Joints In Motion	Swim Lessons 9:45-10:15am	Joints In Motion		Joints In Motion		
10:30-11am	Pool Closed Lifeguard Break	LG Break 10:15-11am	Pool Closed Lifeguard Break	LG Break 10:20-11am	Pool Closed Lifeguard Break	<b>Sunday</b>	
11-11:50am	Water Workout		Deep Water Workout	Water Workout		9-10:30am	Lap Swim
11:50-1:30pm	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	Pool Closed Lifeguard Break	Closed - LG Break	10:45-12pm	Open Swim
1:45-2:45pm	Senior Exercise				Senior Exercise	12-12:30pm	Pool Closed - LG Break
2:45-5:45pm	Swim Lessons	Swim Lessons	Swim Lessons 2:45-4:30pm	Swim Lessons	Swim Lessons 2:45-4:30pm	12:30-2:30pm	Open Swim
			LG Break 4:30-4:45pm		LG Break 4:30-4:45pm	2:30-2:45pm	Pool Closed - LG Break
			Swim Club 4:45-5:45pm		Swim Club 4:45-5:45pm		
5:45-6:45pm	Lap Swim					2:45-3:45pm	Open Swim
6:45-7:45pm	Swim Club	Swim Club	Open Swim	Swim Club	Lifeguard Break 6:45-7:15pm	<b>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.</b>	
					Water Workout 7:15-8:05pm		
7:45-8:35pm	Water Workout	Open Swim / Lap Swim	Water Workout	Open Swim / Lap Swim	Pool Closed		
8:35-8:45pm	Pool Closed		Pool Closed		Pool Closed		
*Schedule subject to change							

## **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>