

NECC Pool Schedule - Fall 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 |
| 6:15-7am | | Deep Water Workout | | Deep Water Workout | | 8-9am | Deep Water Workout |
| 7-8:15am | | Lap Swim | | Lap Swim | | | |
| 8:15-8:30am | Pool Closed - Lifeguard Break | | | | | 9-12:45pm | Swim Lessons |
| 8:30-9:15am | Water Workout | | | Deep Water Workout | Water Workout | | |
| 9:15-9:45am | Core Power | Poolleyball / Open Swim | Core Power | Swim Lessons | Core Power | | |
| 9:45-10:30am | Joints in Motion | Swim Lessons | Joints in Motion | | Joints in Motion | | |
| 10:30-11am | Pool Closed - Lifeguard Break | | | | | 12:45-1:15pm | Lifeguard Break |
| 11-11:45am | Water Workout | | Deep Water Workout | Water Workout | | 1:15-2:30pm | Lap Swim |
| 11:45-1:30pm | Lap Swim | | | | | 2:30-2:45pm | Lifeguard Break |
| 1:30-1:45pm | Lifeguard Break | Pool Closed - Lifeguard Break | | | Lifeguard Break | 2:45-4:45pm | Open Swim |
| 1:45-2:45pm | Senior Exercise | Pool Closed - Lifeguard Break | | | Senior Exercise | Sunday | |
| 2:45-5:45pm | Swim Lessons | Swim Lessons | Swim Lessons 2:45-4:30pm | Swim Lessons | Swim Lessons 2:45-4:30pm | 9-10:30am | Lap Swim |
| | | | Lifeguard Break | | Lifeguard Break | 10:30-10:45am | Lifeguard Break |
| | | | Swim Club 4:45-5:45pm | | Swim Club 4:45-5:45pm | 10:45-2:30pm | Open Swim |
| 5:45-6:45pm | Lap Swim | | | | | | |
| 6:45-7:45pm | Swim Club | Swim Club | Open Swim | Swim Club | Open Swim 6:45-8pm | 2:30-2:45pm | Lifeguard Break |
| 7:45-8:30pm | Water Workout | Shared Open Swim/Lap Swim | Water Workout | Shared Open Swim/Lap Swim | Closed | | |
| 8:30-8:45pm | Closed | | Closed | | | | |

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>