

# NECC Pool Schedule - Winter 2019



	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>