

# COSTICK POOL SCHEDULE

FALL 1 September 3rd- October 20th, 2024

**\*Subject To Change\***

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a			
Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a			
Beth Water X 9:00a-9:55a		Ruth Deep Water X 9:00a-9:55a	Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a		Beth Deep Water X 9:00a-9:55a	Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a		Ruth Water X 9:00a-9:55a	
Beth Senior Water X 10:00a-10:55a		Ruth Senior Water X 10:00a-10:55a		Janeen Senior Water X 10:00a-10:55a		Beth Senior Water X 10:00a-10:55a		Janeen Senior Water X 10:00a-10:55a			
Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a			
Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Open Swim 12:00p-12:55p			
Modified Swim 1:00p- 1:55p		Ruth Senior Water X 1:00p-1:55p	Senior Deep Water Walking 1:00p-1:55p	Modified Swim 1:00p-1:55p		Janeen Senior Water X 1:00p-1:55p	Senior Deep Water Walking 1:00p-1:55p	Modified Swim 1:00p- 1:55p			
Senior Open Swim 2:00p-2:55p		Ruth Senior Arthritis X 2:00p-2:55p		Senior Open Swim 2:00p-2:55p		Ruth Senior Arthritis X 2:00p-2:55p		Senior Open Swim 2:00p-2:55p			
Open Swim 3:00p-3:55p		Modified Swim 3:00p-3:55p		Open Swim 3:00p-3:55p		Modified Swim 3:00p-3:55p		Open Swim 3:00p-3:55p			
Open Swim 4:00p-4:55p		Modified Swim 4:00p-4:55p		Open Swim 4:00p-4:55p		Modified Swim 4:00p-4:55p		Modified Swim 4:00p-4:55p			
Vanessa Senior Water X 5:00p-5:55p	Senior Modified Swim 5:00p-5:55p			TBA Senior Water X 5:00p-5:55p	Senior Modified Swim 5:00p-5:55p			Modified Swim 5:00p-5:55p			
Janeen Water X 6:00p-6:55p	Modified Swim 6:00p-6:55p	Fana Water Dance 6:00p-6:55p	Deep Water Walking 6:00p-6:55p	Fana Deep Water X 6:00p-6:55p	Modified Swim 6:00p-6:55p	Vanessa Water X 6:00p-6:55p	Deep Water Walking 6:00p-6:55p				
		Lap Swim 8:00p-9:55p				Lap Swim 8:00p-9:55p					

**Women's Only**  
1:30p-2:25p

**Women's Only**  
2:30p-3:25p

**POOL CLOSED**  
*August 31-September 2*

**NO WOMEN'S ONLY SWIM**  
*Sunday 9/29*  
*Sunday 10/20*

OPEN SWIM	MODIFIED SWIM	LAP SWIM	WATER AEROBICS	WATER WALKING	SENIOR OPEN SWIM	SENIOR EXERCISE	SENIOR MODIFIED SWIM	SENIOR WATER WALKING	WOMEN'S ONLY
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<b>PRICING</b> RESIDENT   NON-RESIDENT	SINGLE VISIT R   NR	10 VISIT PUNCH CARD R   NR	POOL RULES TO KNOW (ALL POOL RULES ARE POSTED IN POOL AREA)
OPEN/ LAP/ MODIFIED WOMEN'S ONLY/WATER WALKING	\$3.00   \$6.00	\$25.00	<ul style="list-style-type: none"> <li>• No food or drink on deck (Exceptions for water. Must <b>NOT</b> be a <b>GLASS</b> container)</li> <li>• No outside shoes on deck (Deck shoes or sandals <b>NOT</b> worn outside are appropriate)</li> <li>• Shower before entering water. (Must be visibly wet before you can enter pool water)</li> <li>• Wear Proper Swim Attire (i.e. bathing suits, active gear <b>NOT</b> made of cotton material)</li> </ul>
SENIOR OPEN/ SENIOR WATER WALKING	\$1.75   \$2.75	\$15.75   \$24.75	
SENIOR ARTHRITIS	\$2.25   \$3.50	\$20.25   \$31.50	
SENIOR WATER X	\$2.25   \$3.50	\$20.25   \$31.50	
ADULT WATER X	\$6.00   \$8.00	\$60.00   \$80.00	

## CLASS DESCRIPTIONS

### OPEN SWIM

During **OPEN SWIM** the entire pool area is available to swimmers. This is a great time for families or anyone who wants to take a casual dip in the pool. In addition to the shallow and deep end, two lap lanes are available.

**LAP SWIM** is a designated time for lap swimming only (utilizing circle swimming). A great time for swimmers to practice, work on cardio, or record their number of laps.

During **MODIFIED SWIM** the pool is being used for other scheduled programming (i.e swim lessons/classes). There is usually limited space at this time. Often this time includes **\*DEEP WATER WALKING\***.

**WOMEN'S ONLY SWIM** sessions are designated for female participants only, with the exception of children 5 years of age and under.

### SENIOR AQUATICS

**SENIOR OPEN SWIM** is a designated swim session for Seniors Only. The entire pool is reserved for Seniors to swim casually or workout.

**SENIOR ARTHRITIS X** is a fun, athletic approach to water fitness training with a focus on managing arthritis. This is an all-inclusive workout utilizing a variety of equipment. Swimming is not a required skill. Participants must be comfortable in water.

**SENIOR WATER X** is a fun water fitness training session for Seniors. This class will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water. The Senior Water X classes are categorized by levels 1 & 2 differing in intensity. **Level 1** classes are more relaxed and gentler in movement. **Level 2** classes provide more vigorous exercise and challenge.

**SENIOR DEEP WATER X** is an enjoyable way to slim down and shape up with little to no impact to your joints. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

**NEW! SENIOR WATER WALKING** is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. \* Shallow or Deep availability is contingent on corresponding Water X classes. This program is only available during Senior programming.

### WATER AEROBICS

**ADULT WATER X** will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water. **Water X** classes are categorized by levels 1 & 2 differing in intensity. **Level 1** classes are more relaxed and gentler in movement. **Level 2** classes provide more vigorous exercise and challenge.

**NEW! WATER WALKING** is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. \* Shallow or Deep availability contingent on coinciding Water X class.

**DEEP WATER X** class will cover aerobics using natural resistance, weight training, and an abdominal/core body workout. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

**WATER DANCE** is an instructor-led high-energy workout utilizing the natural resistance of water while moving to the beat. This class involves 45-50 minutes of intense cardio burn using dance inspired moves. Swimming is not a required skill. Participants must be comfortable in water.