



EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 5:00AM-8:00AM 2 Lanes All Areas	OPEN SWIM 5:00AM-10:00AM 2 Lanes All Areas	OPEN SWIM 5:00AM-8:00AM 2 Lanes All Areas	OPEN SWIM 5:00AM-8:00AM 2 Lanes All Areas	OPEN SWIM 5:00AM-8:00AM 2 Lanes All Areas	OPEN SWIM 6:00AM-9:30AM 2 Lanes All Areas
OPEN SWIM 8:00AM-10:50AM 1 Lane Only Zero Entry Only	OPEN SWIM 10:00AM-10:50AM 1 Lane Only Zero Entry Only	OPEN SWIM 8:00AM-10:50AM 1 Lane Only Zero Entry Only	OPEN SWIM 8:00AM-8:50AM 1 Lane Only Zero Entry Only	OPEN SWIM 8:00AM-10:45AM 1 Lane Only Zero Entry Only	AQUA ZUMBA 9:30AM Rhonda
AQUA FIT 8:00AM Trish	AQUA H.I.I.T 10:00AM Cassie	AQUA FIT 8:00AM Trish	AQUA BALANCE, CORE & MORE 8:00AM Trish	AQUA FIT 8:00AM Trish	OPEN SWIM 9:30AM-11:15AM 1 Lane Only Zero Entry Only
AQUA DANCE FIT 9:00AM Starla	OPEN SWIM 10:50AM-4:00PM 2 Lanes All Areas	AQUA DANCE FIT 9:00AM Starla	OPEN SWIM 8:50AM-10:00AM 2 Lanes All Areas	AQUA DANCE FIT 9:00AM Starla	AQUA FIT 10:30AM Rhonda
AQUA ARTHRITIS 10:00AM Trish	4:00PM-7:30PM Swim Lessons CLOSED	AQUA ARTHRITIS 10:00AM Trish	OPEN SWIM 10:00AM-10:50AM 1 Lane Only Zero Entry Only	AQUA ARTHRITIS 10:00AM Trish	OPEN SWIM 11:15AM-6:45PM 2 Lanes All Areas
OPEN SWIM 11:00AM-6:15PM 2 Lanes All Areas	OPEN SWIM 7:30PM-8:45PM 2 Lanes All Areas	OPEN SWIM 10:50AM-6:15PM 2 Lanes All Areas	AQUA H.I.I.T 10:00AM Cassie	OPEN SWIM 11:00AM-8:45PM 2 Lanes All Areas	
AQUA ZUMBA 6:30PM Rhonda		AQUA ZUMBA 6:30PM Rhonda	OPEN SWIM 10:50AM-4:00PM 2 Lanes		SUNDAY
AQUA FIT 7:30PM Rhonda		AQUA FIT 7:30PM Rhonda	4:00PM-7:30PM Swim Lessons CLOSED		OPEN SWIM 8:00AM-4:45PM 2 Lanes All Areas
OPEN SWIM 6:15PM-8:15PM 1 Lane Only Zero Entry Only		OPEN SWIM 6:15PM-8:15PM 1 Lane Only Zero Entry Only	OPEN SWIM 7:30PM-8:45PM 2 Lanes All Areas		
OPEN SWIM 8:15PM-8:45PM 2 Lanes All Areas					

FACILITY HOURS: MONDAY-FRIDAY 5:00am-9:00pm | SATURDAY 6:00AM-7:00PM | SUNDAY 8:00AM-5:00PM

CHILD WATCH HOURS: MONDAY-THURS 8:00AM-12:00PM & 5:00PM-8:00PM FRIDAY & SAT: 8:00AM-12:00PM

EXCELSIOR SPRINGS COMMUNITY CENTER | 500 TIGER DRIVE, EXCELSIOR SPRINGS MISSOURI 64024 | 816-656-2500

AQUA CLASS DESCRIPTIONS:

Aqua Arthritis: Designed to work on range of motion, balance, building muscle strength, and reducing pain and stiffness all while utilizing the resistance of the water.

Aqua Dance Fit : Aqua Dance embraces the rhythms and movements of a variety of upbeat musical styles creating endless possibilities of fun and energizing workouts. Anyone can join Aqua Dance. No dance background necessary—just a willingness to move and have fun.

Aqua H.I.I.T: An upbeat class that offers a complete cardiovascular workout utilizing water resistance. A spin on the traditional style of a water aerobic class, this class offers high impact moves, with low impact variations that are gentle on your joints, yet strenuous enough to tone and sculpt your muscles. This high intensity interval training style (H.I.I.T.) of class will get you moving through interval training for an effective calorie burn to some fun music!

Aqua Noodle: Join us in the water as we target all the major muscle groups, with an emphasis on the core using a noodle modality.

Aqua Zumba: Zumba fitness in the pool! All of your favorite Latin-inspired dance moves but with added resistance from the water. You'll jump, stretch, and move to the beat of the music – all the while pushing your arms and legs through the water.

OTHER INFORMATION:

- Lap lanes are 20 yards. One swimming mile is 88 laps.
- When 2 lap lanes are available, we always have a walking lane open.
- Walk lane is also part of open swim.
- Help keep the pool clean! Please rinse off with warm water for 1-2 minutes BEFORE entering the pool or spa.
- Proper swimwear is ALWAYS required.
- When you are done with weights, they need to be placed in the empty bin for sanitation.
- No heavy perfumes, body lotions, deodorants or oils are to be worn in the pool or spa.
- If you are wearing clothing over your swimwear, please make sure it is light colored.
- Please be respectful of classes going on.
- Pool Temps: temps are an approximate only.
 - Lap Lanes: ~83-86 degrees
 - Zero Entry: ~83-86 degrees
 - Basketball: ~83-86 degrees
 - Spa: ~101-104 degrees
- Pool Depths:
 - Lap Lanes: 3'6"-5'
 - Zero Entry: 0'-2'
 - Basketball: 3'6"
 - Spa: 3'6"

