



# EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE

## NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-10:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 6:00AM-9:30AM 2 Lanes All Areas
<b>OPEN SWIM</b> 8:00AM-10:50AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 10:00AM-10:50AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-10:50AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-8:50AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-10:45AM 1 Lane Only Zero Entry Only	<b>AQUA ZUMBA</b> 9:30AM Rhonda
<b>AQUA FIT</b> 8:00AM Trish	<b>WATER WITH TRISH</b> 10:00AM Trish	<b>AQUA FIT</b> 8:00AM Trish	<b>AQUA BALANCE, CORE &amp; MORE</b> 8:00AM Trish	<b>AQUA FIT</b> 8:00AM Trish	<b>OPEN SWIM</b> 9:30AM-11:15AM 1 Lane Only Zero Entry Only
<b>AQUA DANCE FIT</b> 9:00AM Starla	<b>OPEN SWIM</b> 10:50AM-8:45PM 2 Lanes All Areas	<b>AQUA DANCE FIT</b> 9:00AM Starla	<b>OPEN SWIM</b> 8:50AM-10:00AM 2 Lanes All Areas	<b>AQUA DANCE FIT</b> 9:00AM Starla	<b>AQUA FIT</b> 10:30AM Rhonda
<b>AQUA ARTHRITIS</b> 10:00AM Trish		<b>AQUA ARTHRITIS</b> 10:00AM Trish	<b>OPEN SWIM</b> 10:00AM-10:50AM 1 Lane Only Zero Entry Only	<b>AQUA ARTHRITIS</b> 10:00AM Trish	<b>OPEN SWIM</b> 11:15AM-6:45PM 2 Lanes All Areas
<b>OPEN SWIM</b> 11:00AM-6:15PM 2 Lanes All Areas		<b>OPEN SWIM</b> 10:50AM-6:15PM 2 Lanes All Areas	<b>WATER WITH TRISH</b> 10:00AM Trish	<b>OPEN SWIM</b> 11:00AM-8:45PM 2 Lanes All Areas	
<b>AQUA ZUMBA</b> 6:30PM Rhonda		<b>AQUA ZUMBA</b> 6:30PM Rhonda	<b>OPEN SWIM</b> 10:50AM-12:00PM 2 Lanes All Areas		<b>SUNDAY</b>
<b>AQUA FIT</b> 7:30PM Rhonda		<b>AQUA FIT</b> 7:30PM Rhonda	12:00pm-3:00PM <b>CLOSED</b>		<b>OPEN SWIM</b> 8:00AM-4:45PM 2 Lanes All Areas
<b>OPEN SWIM</b> 6:15PM-8:15PM 1 Lane Only Zero Entry Only		<b>OPEN SWIM</b> 6:15PM-8:15PM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 3:00PM-8:45PM 2 Lanes All Areas		
<b>OPEN SWIM</b> 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"

