

Mike Shellito Indoor Pool

10210 Fairway Drive Roseville, CA 95678
(916) 774-5958



Facility Schedule Summer 2017 • June 12th— Aug 11th

*See reverse side for program descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:00 am Adult Lap Swim	5:30-9:00 am Adult Lap Swim	5:30-9:00 am Adult Lap Swim	5:30-9:00 am Adult Lap Swim	5:30-9:00 am Adult Lap Swim	6:00-8:55 am Adult Lap Swim	<div style="border: 2px dashed black; padding: 5px;"> <p>Limited Hours</p> <p>Tues 7/4/17 Open 7am-11am Open Exercise + Lap Swim only</p> <p>No Fri evening 5:30pm fitness class on:</p> <p>*6/30/17 *7/7/17</p> </div>
Open Exercise 5:30am—8:00am Warming Pool	Open Exercise 5:30am—8:00am Warming Pool	Open Exercise 5:30am—8:00am Warming Pool	Open Exercise 5:30am—8:00am Warming Pool	Open Exercise 5:30am—8:00am Warming Pool	Open Exercise 6:00am—9:45am Warming Pool	
8:00-8:55 am Shallow H2O Fit Linda Warming Pool Impacted Class Max 30	8:00-8:55 am Shallow H2O Fit Warming Pool	8:00-8:55 am Shallow H2O Fit Joanne Warming Pool Impacted Class Max 30	8:00-8:55 am Shallow H2O Fit Warming Pool	8:00-8:55 am Shallow H2O Fit Warming Pool Impacted Class Max 30	↓	
Open Exercise 9:00am—10:00am Warming Pool	Open Exercise 9:00am—10:00am Warming Pool	Open Exercise 9:00am—10:00am Warming Pool	Open Exercise 9:00am—10:00am Warming Pool	Open Exercise 9:00am—10:00am Warming Pool	↓	
9:05-9:55 am Off the Deep End Joanne Lap Pool	9:05-9:55 am Aqua Jogging Lap Pool	9:05-9:55 am Off the Deep End Leslie/Joanne Lap Pool	9:05- 9:55 am Off the Deep End Lap Pool	9:05-9:55 am Off the Deep End Lap Pool	9:00-9:45 am Hydro Fusion Diana Lap Pool	
10:00am —10:55 am Hydro Fusion Diana Warming pool/Lap pool	10:00-11:30 am Parent Tot Playtime 6 and under Warming Pool	10:00am —10:55 am Hydro Fusion Diana Warming Pool/Lap Pool	10:00-11:30 am Parent Tot Playtime 6 and under Warming Pool	10:00am —10:55 am Hydro Fusion Tracy Warming Pool/Lap Pool	10:00-12:00pm Swim Lessons Warming/Lap Pools	<div style="border: 2px dashed black; padding: 5px;"> <p>Spray Ground: Hours 6/12-8/4</p> <p>Sat/Sun 1pm-4pm Mon/Wed/Fri 1:00-3:30 Tues/Thurs 10am-11:30am</p> <p>S.T.A.R. Time: 10am-11:30am</p> </div>
Pools Cleared 11:00am-11:30am	10:30am —11:15 am Off the Deep End Leslie Lap Pool	11:00am-11:45am Aqua Yoga Susan Warming Pool Max 25	10:30am —11:15 am Aqua Zumba Debbie Lap Pool	11:00am-11:45am Aqua Yoga Susan Warming Pool Max 25	↓	
11:30 am—12:15 pm Arthritis Foundation Aquatics Program Diana Warming Pool Impacted Class Max 27	11:30 am—12:15 pm Arthritis Foundation Aquatics Program Bridget/Brandi Warming Pool Impacted Class Max 27	11:30 am—12:15 pm Arthritis Foundation Chair Exercise Nichole Land Class: Meeting Room 1	11:30 am—12:15pm Arthritis Foundation Aquatics Program Bridget Warming Pool Impacted Class Max 27	11:30 am—12:15 pm Arthritis Foundation Chair Exercise Land Class: Meeting Room 1	↓	11:30 am - 12:55 pm Adult Lap Swim
11:30 am—1:00 pm Adult Lap Swim	11:30 am—1:00 pm Adult Lap Swim	11:30 am—1:00 pm Adult Lap Swim	11:30 am—1:00 pm Adult Lap Swim	11:30 am—1:00 pm Adult Lap Swim	12:00-1:00 pm Parent Tot Playtime 6 and under Warming Pool	11:30am-1:00 pm Parent Tot Playtime 6 and under Warming Pool
12:20 pm—1:05 pm Arthritis Foundation Aquatics Program Diana Warming Pool Impacted Class Max 27	12:20 pm—1:05 pm Arthritis Foundation Aquatics Program Bridget/Brandi Warming Pool Impacted Class Max 27	Open Exercise 11:45am-1:00pm Warming Pool	12:20 pm—1:05 pm Arthritis Foundation Aquatics Program Bridget Warming Pool Impacted Class Max 27	Open Exercise 11:45am-1:00pm Warming Pool	1:00-4:00 pm Rec Swim	1:00-4:00 pm Rec Swim
1:00-3:30pm Rec Swim	1:30-3:30pm Swim Lessons	1:00-3:30pm Rec Swim	1:30-3:30pm Swim Lessons	1:00-3:30pm Rec Swim	<div style="border: 2px solid black; padding: 5px;"> <ul style="list-style-type: none"> • Lap swimmers must be at least 13 years old. • All instructors have a unique approach to teaching water fitness, and may select music to play from a variety of genres. At times there may be subs. We encourage you to experience all of our great Instructors. • You must be participating in a class to be in the pool during class times. • If you are participating in water fitness or lap swim you must wait until your start times to enter the pool. • Impacted classes are filled on a first come first serve basis . </div>	
4:00-6:30pm Swim Lessons	4:00-6:30pm Swim Lessons	4:00-6:30pm Swim Lessons	4:00-6:30pm Swim Lessons	Open Exercise 5:30pm-7:30pm Warming Pool		
6:35pm—7:25 pm Off the Deep End Joanne Lap Pool	6:35pm-7:25 pm Shallow H2o Fit Lap Pool	6:35pm—7:25 pm Off the Deep End Lap Pool	6:35pm-7:25 pm Shallow H2o Fit Lap Pool	5:30pm-6:25pm Off the Deep End Joanne Lap Pool		
Open Exercise 6:35-9pm Warming Pool	Open Exercise 6:35-9pm Warming Pool	Open Exercise 6:35-9pm Warming Pool	Open Exercise 6:35-9pm Warming Pool	6:30-7:30 pm Adult Lap Swim		
7:30-9:00 pm Adult Lap Swim	7:30-9:00 pm Adult Lap Swim	7:30-9:00 pm Adult Lap Swim	7:30-9:00 pm Adult Lap Swim	7:30-9:00 pm Rec Swim		

Updated: 6/9/17

PROGRAM DESCRIPTIONS

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Shallow H₂O Fit: Ages 14+ Designed to be a fun and gravity free workout for people of all ages and abilities. Emphasis is on cardiovascular conditioning and strengthening using water as resistance. Swimming competency is not required. **\$7**

Aqua Jogging: Ages 14+ Interval training including deep and shallow water jogging, cardiovascular conditioning drills, and resistance training. **Participant Requirements: Must be able to swim, tread water, and float in deep water. Must be able to maintain proper alignment and recover from a face down and face up position while wearing floatation equipment. \$7*

Off The Deep End: Ages 14+ Deep water aerobic conditioning utilizing buoyancy/ resistance equipment designed to increase endurance, strength, flexibility, and motor coordination. Swimming competency is required. **Participant Requirements: Must be able to swim, tread water, and float in deep water. Must be able to maintain proper alignment and recover from a face down and face up position while wearing floatation equipment. \$7*

Arthritis Foundation Aquatic Program 14+

The Arthritis Foundation Aquatic Program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. Most participants enjoy a decrease in pain and stiffness. This is a recreational class and should not take the place of a therapy program,

**Participant Requirements: Must be able to enter and exit the water independently. Must be able to walk in shallow water unassisted. Arthritis Foundation participant waivers must be signed prior to participation in this class. \$7*

Arthritis Foundation Chair Exercise (LAND) 14+

The Arthritis Foundation Exercise Program is specifically designed for people with arthritis. The class uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. **\$7**

Hydro Fusion (formerly Aqua Nice n' Easy) Ages 14+

A class designed just for you. This class incorporates cardio and toning exercises, including resistance and intervals. You can make it as challenging as you'd like but all fitness levels are welcome and will get a great workout. Come enjoy this lively class set to fun music! **\$7**

Aqua Zumba®: Ages 14+ is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Don't be fooled, this is not your normal aqua class. The moves are intense. Remember, you will be moving your bodies for 45 or 60 minutes against the resistance of water. The movements are challenging and you can really feel the muscles working against the resistance. Latin dance rhythms are incorporated into this class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. **\$7**

Aqua Yoga: Ages 14+ This class uses gentle movements in water so the body is not stressed. Great for those suffering from arthritis, swollen joints, or balance issues. No yoga experience required. **\$7**

Lap Swim: Ages 13+ Designed for swimmers of all levels. Lanes, kickboards, pull buoys, pace clock, and sample workouts are available for your use. **\$7**

Lap Swim Rules:

1. Beginners stay toward the right lanes of the pool while more advanced swimmers stay toward the left lanes.
2. No diving. All entries must be feet first.
3. If there are no open lanes allow additional swimmers into your lane.
4. If only two swimmers in a lane you may split the lane. If there are more than two we ask that you circle swim (Swim on the right hand side of the lane.)

Open Exercise: Ages 13+

This program takes place in our warming pool and is designed for those who would like to create their own workout. You may engage in water walking, jogging, stationary exercises, traveling exercises, and self lead physical therapy.

Lap swimming for open exercise will be permitted only during lap swimming hours.

Equipment provided includes: high and low density foam noodles, foam resistance weights, floatation belts, and kickboards.

As several types of workouts are permitted during this time, please be considerate of others using the space.

If you need assistance coordinating with others using the pool, please ask a staff member. **\$7**

Rec Swim: All Ages

Warming pool, Lap pool and Spray Ground will be open for play. Inflatable obstacle course is set up during weekend Rec Swims. **\$5.00** per person

Parent Tot Playtime: Children 6 years and younger can attend. Adult swimmers must be present. Warming Pool open with toys provided. Spray Ground also open.

\$5.00 per adult /child pair. \$3.00 for additional swimmers.

S.T.A.R. Time: Children 10 and under with a participating adult.

Socializing Through Aquatic Recreation is a dedicated time for children with special needs to splash around at the Mike Shellito Indoor Pool Spray Ground and to participate in other water related activities.

\$5.00 per parent child pair.