Mike Shellito Indoor Pool

10210 Fairway Drive Roseville, CA 95678
(916) 774-5957

Facility Schedule ▪ January—June 6, 2013

See reverse side for class descriptions.

CITY OF ROSEVILLE CALIFORNIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:00am **Adult Lap Swim**	5:30-9:00am **Adult Lap Swim**	5:30-9:00am **Adult Lap Swim**	5:30-9:00am **Adult Lap Swim**	5:30-9:00am **Adult Lap Swim**	6:00-9:00am **Adult Lap Swim**	
8:00-8:55 am **Shallow H20 Fit** **Judy** Warming Pool ***Impacted Class***	8:00-8:55 am **Shallow H20 Fit** **Tracy** Warming Pool ***Impacted Class***	8:00-8:55 am **Shallow H20 Fit** **Rochel** Warming Pool ***Impacted Class***	8:00-8:55 am **Hydro Power &** **Strength** **Rochel** Warming Pool ***Impacted Class***	8:00-8:55 am **Cardio Party** **Elaine** Warming Pool ***Impacted Class***	8:00-9:00am **Coach on Deck**	
9:05-9:55 am **Off the Deep End** **Judy** Lap Pool	9:05-9:55 am **Aqua Jogging** **Tracy** Lap Pool	9:05-9:55 am **Off the Deep End** **Rochel** Lap Pool	9:05-9:55 am **Aqua Jogging** **Tracy** Lap Pool	9:05-9:55 am **Off the Deep End** **Elaine** Lap Pool	9:00-9:55 am **Aqua Zumba** **Elaine** Lap Pool	
10:00-10:55 am **Nice n' Easy** **Cathy** Warming Pool/Lap Pool	10:15-11:15 am **Off the Deep End** **Christy** Lap Pool	10:00-10:55 am **Nice n' Easy** **Cathy** Warming Pool/Lap Pool	10:15-11:15 am **Off the Deep End** **Christy** Lap Pool	10:00-10:55 am **Nice n' Easy** **Cathy** Warming Pool/Lap Pool	10:00 am — 12:00 pm **Swim Lessons**	
	10:00-11:30 am **Parent Tot** **Playtime** Warming Pool		10:00-11:30 am **Parent Tot** **Playtime** Warming Pool		12-1 pm **Parent Tot** **Playtime** Warming Pool	11:30 am—1 pm **Parent Tot** **Playtime** Warming Pool
11:30 am—1 pm **Adult Lap Swim**	11:30 am—1 pm **Adult Lap Swim**	11:30 am—1 pm **Adult Lap Swim**	11:30 am—1 pm **Adult Lap Swim**	11:30 am—1 pm **Adult Lap Swim**		11:30 am—1 pm **Adult Lap Swim**
11:30 am—12:15 pm **Arthritis Foundation** **Aquatics Program** **Christy** Warming Pool ***Impacted Class***	11:30 am—12:15 pm **Arthritis Foundation** **Aquatics Program** **Christy** Warming Pool ***Impacted Class***	11:30 am—12:15 pm **Arthritis Foundation** **Chair Exercise** **Cathy** Land Class: Meeting Room 1	11:30 am—12:15 pm **Arthritis Foundation** **Aquatics Program** **Christy** Warming Pool ***Impacted Class***	11:30 am—12:15 pm **Arthritis Foundation** **Chair Exercise** **Cathy** Land Class: Meeting Room 1		
	12:20-1:05 pm **Cardio Splash** **Rochel** Warming Pool		12:20-1:05 pm **Cardio Splash** **Rochel** Warming Pool			
1-3:30 pm **CLOSED**	1-3:30 pm **CLOSED**	1-3:30 pm **CLOSED**	1-3:30 pm **CLOSED**	1-5:30 pm **CLOSED**	1-4 pm **Public Swim**	1-4 pm **Public Swim**
4-6:30 pm **Swim Lessons**	4-6:30 pm **Swim Lessons**	4-6:30 pm **Swim Lessons**	4-6:30 pm **Swim Lessons**	5:30-6:25 pm **Off the Deep End** **Judy** Lap Pool		
6:35—7:25 pm **Tread Training** **Christy** Lap Pool	6:35-7:25 pm **Shallow H2o Fit** **Tracy** Lap Pool 6-7:00 pm **Vinyasa Yoga** Land Class: Meeting Room 1	6:35—7:25 pm **Off the Deep End** **Tracy** Lap Pool	6:35-7:25 pm **Shallow H2o Fit** **Tracy** Lap Pool 6-7:00 pm **Vinyasa Yoga** Land Class: Meeting Room 1	6:30-7:30 pm **Adult Lap Swim**		
7:30-9 pm **Adult Lap Swim**	7:30-9 pm **Adult Lap Swim**	7:30-9 pm **Adult Lap Swim**	7:30-9 pm **Adult Lap Swim**	7:30-9 pm **Recreational Swim**		

- The facility is closed from 1-3:30 pm Monday through Thursday, and 1-5:30 pm on Friday.
- Lap swimmers must be at least **13 years old.**
- All instructors have a unique approach to teaching water fitness. 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. Please do not enter the pool while there is another program in progress.**
- Impacted class is restricted to a limited amount of participants for a quality workout.

1/07/13

FITNESS CLASS DESCRIPTIONS
Mike Shellito Indoor Pool

Shallow H_2O 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.

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.**

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.

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.

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.

Aqua Nice n' Easy: Ages 50+
A class designed just for you! This class is a new aquatics exercise class designed especially for those over 50, right down music you can sing along with.
This class will emphasize cardio, toning and balance.

Cardio Splash: Ages 14+
A 45 minute workout class designed to get you in, out and on with your day! Designed to be a fun and gravity free workout for people of all ages and abilities. Emphasis will be on interval training, strength training,, plyometrics, and even aquatic fitness games.

Aqua Zumba®: Ages 14+ is a safe, effective, and challenging water-based workout that integrate 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.

Tread Training 14+
Burn calories and have fun at the same time! This high intensity deep water workout is designed to get your heart rate up using interval training. Designed for the aerobically fit person looking for a challenge.
Participant Requirements: Must be able to swim, tread water, and float in deep water. Should be comfortable in deep water without floatation devices. Must be able to maintain proper alignment and recover from a face down and face up position while wearing floatation equipment.

Hydro Power and Strength 14+
This shallow water fitness class combines strength and cardiovascular exercises for maximum fitness benefits. Emphasis is on resistance exercises with the use of water fitness equipment.

Vinyasa Yoga 14+
This dynamic form of yoga helps to build strength and improve flexibility while you balance your mind, body, and spirit.

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

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 side of the lane.)