

# Mike Shellito Indoor Pool

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



## Facility Schedule - September—December 31, 2015

See reverse side for class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:00 am <b>Adult Lap Swim</b>	5:30-9:00 am <b>Adult Lap Swim</b>	5:30-9:00 am <b>Adult Lap Swim</b>	5:30-9:00 am <b>Adult Lap Swim</b>	5:30-9:00 am <b>Adult Lap Swim</b>	6:00-8:55 am <b>Adult Lap Swim</b>	<div style="background-color: #e0ffe0; padding: 5px;"> <b>Additional Rec Swims: 1pm-3:30pm</b>                       Mon 11/23 Wed 11/25 Mon 12/21 Wed 12/23 Mon 12/28 Wed 12/30   <b>Limited hours: 7am-11am Lap Swim/Open exercise only</b>                       Wed 11/11 Thurs 12/24 Thurs 12/31   <b>Closures :</b> 11/26 , 12/25                 </div>
<b>Open Exercise 5:30am—8:00am</b> Warming Pool	<b>Open Exercise 5:30am—8:00am</b> Warming Pool	<b>Open Exercise 5:30am—8:00am</b> Warming Pool	<b>Open Exercise 5:30am—8:00am</b> Warming Pool	<b>Open Exercise 5:30am—8:00am</b> Warming Pool	<b>Open Exercise 5:30am—9:45am</b> Warming Pool	
8:00-8:55 am <b>Shallow H2O Fit Roman</b> Warming Pool <b>Impacted Class Max 30</b>	8:00-8:55 am <b>Shallow H2O Fit Tracy</b> Warming Pool	8:00-8:55 am <b>Shallow H2O Fit Roman</b> Warming Pool <b>Impacted Class Max 30</b>	8:00-8:55 am <b>Shallow H2O Fit Tracy</b> Warming Pool	8:00-8:55 am <b>Shallow H2O Fit Tracy</b> Warming Pool <b>Impacted Class Max 30</b>	↓	
<b>Open Exercise 9:00am—10:00am</b> Warming Pool	<b>Open Exercise 9:00am—10:00am</b> Warming Pool	<b>Open Exercise 9:00am—10:00am</b> Warming Pool	<b>Open Exercise 9:00am—10:00am</b> Warming Pool	<b>Open Exercise 9:00am—10:00am</b> Warming Pool	↓	
9:05-9:55 am <b>Off the Deep End Joanne</b> Lap Pool	9:05-9:55 am <b>Aqua Jogging Tracy</b> Lap Pool	9:05-9:55 am <b>Off the Deep End Joanne</b> Lap Pool	9:05-9:55 am <b>Off the Deep End Tracy</b> Lap Pool	9:05-9:55 am <b>Off the Deep End Kerrie</b> Lap Pool	9:00-9:45 am <b>Aqua Zumba Debbie</b> Lap Pool	
10:00am—10:55 am <b>Hydro Fusion Kerrie</b> Warming Pool/Lap Pool	10:00-11:30 am <b>Parent Tot Playtime</b> 6 and under Warming Pool	10:00am—10:55 am <b>Hydro Fusion Diana</b> Warming Pool/Lap Pool	10:00-11:30 am <b>Parent Tot Playtime</b> 6 and under Warming Pool	10:00am—10:55 am <b>Hydro Fusion Tracy</b> Warming Pool/Lap Pool	<b>10:00-12:00pm Swim Lessons</b> Warming/Lap Pools	
<b>Pools Cleared 11:00am-11:30am</b>	10:30am—11:15 am <b>Off the Deep End Leslie</b> Lap Pool	<b>Pools Cleared 11:00am-11:30am</b> <b>Open Exercise 11:30am-1:00pm</b> Warming Pool	10:30am—11:15 am <b>Aqua Zumba Debbie</b> Lap Pool	<b>Pools Cleared 11:00am-11:30am</b> <b>Open Exercise 11:30am-1:00pm</b> Warming Pool	↓	
11:30 am—12:15 pm <b>Arthritis Foundation Aquatics Program Tami</b> Warming Pool <b>Impacted Class Max 25</b>	11:35 am—12:20 pm <b>Arthritis Foundation Aquatics Program Bridget/Kerrie</b> Warming Pool <b>Impacted Class Max 25</b>	<b>11:30 am—12:15 pm Arthritis Foundation Chair Exercise Nichole</b> <b>Land Class: Meeting Room 1</b>	11:30 am—12:20 pm <b>Arthritis Foundation Aquatics Program Bridget</b> Warming Pool <b>Impacted Class Max 25</b>	<b>11:30 am—12:15 pm Arthritis Foundation Chair Exercise Tracy</b> <b>Land Class: Meeting Room 1</b>	↓	
11:30 am—1:00 pm <b>Adult Lap Swim</b>	11:30 am—1:00 pm <b>Adult Lap Swim</b>	11:30 am—1:00 pm <b>Adult Lap Swim</b>	11:30 am—1:00 pm <b>Adult Lap Swim</b>	11:30 am—1:00 pm <b>Adult Lap Swim</b>	12:00-1:00 pm <b>Parent Tot Playtime</b> 6 and under Warming Pool	
12:20 pm—1:05 pm <b>Arthritis Foundation Aquatics Program Tami</b> Warming Pool	12:20 pm—1:05 pm <b>Arthritis Foundation Aquatics Program Bridget/Kerrie</b> Warming Pool	<b>Closed</b>	12:20 pm—1:05 pm <b>Arthritis Foundation Aquatics Program Bridget</b> Warming Pool	<b>Closed</b>	1:00-4:00 pm <b>Rec Swim</b>	
<b>Closed 1pm-3:45pm</b>	<b>Closed 1pm-3:45pm</b>	1pm-3:45pm	<b>Closed 1pm-3:45pm</b>	1pm-5:30pm	1:00-4:00 pm <b>Rec Swim</b>	
<b>4:00-6:30pm Swim Lessons</b>	<b>4:00-6:30pm Swim Lessons</b>	<b>4:00-6:30pm Swim Lessons</b>	<b>4:00-6:30pm Swim Lessons</b>	<b>Open Exercise 5:30pm-7:30pm</b> Warming Pool	<div style="background-color: #e0ffe0; padding: 5px;"> <ul style="list-style-type: none"> <li>• Lap swimmers must be at least <b>13 years old</b>.</li> <li>• 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.</li> <li>• You must be participating in a class to be in the pool during class times.</li> <li>• If you are participating in water fitness or lap swim you must wait until your start times to enter the pool.</li> <li>• <b>Impacted Class</b> is restricted to a limited amount of class participants.</li> </ul> </div>	
6:35pm—7:25 pm <b>Off the Deep End Joanne</b> Lap Pool	6:35pm-7:25 pm <b>Shallow H2o Fit Tracy</b> Lap Pool	6:35pm—7:25 pm <b>Off the Deep End Tracy</b> Lap Pool	6:35pm-7:25 pm <b>Shallow H2o Fit Tracy</b> Lap Pool	5:30pm-6:20 pm <b>Off the Deep End Joanne</b> Lap Pool		
<b>Open Exercise 6:35-9pm</b> Warming Pool	<b>Open Exercise 6:35-9pm</b> Warming Pool	<b>Open Exercise 6:35-9pm</b> Warming Pool	<b>Open Exercise 6:35-9pm</b> Warming Pool	6:30-7:30 pm <b>Adult Lap Swim</b>		
<b>7:30-9:00 pm Adult Lap Swim</b>	7:30-9:00 pm <b>Adult Lap Swim</b>	7:30-9:00 pm <b>Adult Lap Swim</b>	7:30-9:00 pm <b>Adult Lap Swim</b>	7:30-9:00 pm <b>Rec Swim</b>		

Updated: 10/15/15 RM

**FITNESS CLASS DESCRIPTIONS**  
**Mike Shellito Indoor Pool**

**Shallow H<sub>2</sub>O 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.

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

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.

**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.

**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.)

**Open Exercise: Ages 13+**

This 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.