Mike Shellito Indoor Pool

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

Facility Schedule ▪ May 1 - August 31, 2015

See reverse side for class descriptions.

CITY OF ROSEVILLE CALIFORNIA

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**	
8:00-8:55 am **Shallow H20 Fit** **Roman** Warming Pool ***Wristband Class*** ***Max 30***	8:00-8:55 am **Shallow H20 Fit** **Tracy** Warming Pool	8:00-8:55 am **Shallow H20 Fit** Roman Warming Pool ***Wristband Class*** ***Max 30***	8:00-8:55 am **Shallow H2O Fit** **Tracy** Warming Pool	8:00-8:55 am **Shallow H2O Fit** Warming Pool Tracy ***Impacted Class*** ***Max 30***		
9:05-9:55 am **Off the Deep End** **Joanne** Lap Pool	9:05-9:55 am **Aqua Jogging** **Tracy** Lap Pool	9:05-9:55 am **Off the Deep End** **Joanne** Lap Pool	9:05– 9:55 am **Off the Deep End** **Tracy** Lap Pool	9:05-9:55 am **Off the Deep End** **Kerrie** Lap Pool	9:00-9:45 am **Aqua Zumba** **Debbie** Lap Pool	
10:00am —10:55 am **Nice n' Easy** **Kerrie** Warming Pool/Lap Pool	10:30am —11:15 am **Off the Deep End** **Leslie** Lap Pool	10:00am —10:55 am **Nice n' Easy** **Marilyn** Warming Pool/Lap Pool	10:30am —11:15 am **Off the Deep End** **Debbie** Lap Pool	10:00am —10:55 am **Nice n' Easy** **Tracy** Warming Pool/Lap Pool	**10:00-12:00pm** **Swim Lessons** **Warming/Lap** **Pools**	
	10:00-11:30 am **Parent Tot** **Playtime** Warming Pool	11:00-11:45 **Water Pilates** **Marilyn** Warming Pool ***Wristband Class*** ***Max 30***	10:00-11:30 am **Parent Tot** **Playtime** Warming Pool			
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** Warming Pool	11:30am-1:00 pm **Parent Tot** **Playtime** Warming Pool
			11:30am- 12:15pm **Beginning Yoga** **Tiffany** **Land Class:** **Meeting Room 1**			
11:30 am—12:15 pm **Arthritis Foundation** **Aquatics Program** **Tami** Warming Pool ***Impacted Class*** ***Max 25***	11:35 am—12:20 pm **Arthritis Foundation** **Aquatics Program** **Bridget/Kerrie** Warming Pool ***Impacted Class*** ***Max 25***	**11:30 am—12:15 am** **Arthritis Foundation** **Chair Exercise** **Nichole** **Land Class:** **Meeting Room 1**	11:30 am—12:20 pm **Arthritis Foundation** **Aquatics Program** **Bridget** Warming Pool ***Impacted Class*** ***Max 25***	**11:30 am—12:15 am** **Arthritis Foundation** **Chair Exercise** **Tracy** **Land Class:** **Meeting Room 1**		11:30 am - 1:00 pm **Adult Lap Swim**
12:20 pm—1:05 pm **Arthritis Foundation** **Aquatics Program** **Tami** Warming Pool **(beginning in June)**	12:20 pm—1:05 pm **Arthritis Foundation** **Aquatics Program** **Bridger/Kerrie** Warming Pool		12:20 pm—1:05 pm **Arthritis Foundation** **Aquatics Program** **Bridget** Warming Pool			
1-3:30pm ***Rec Swim*** ***(begins June 15)***	***1:30-3 pm*** ***Swim Lessons*** ***(begins June 16)***	***1-3:30pm*** ***Rec Swim*** ***(begins June 17)***	***1:30-3 pm*** ***Swim Lessons*** ***(begins June 18)***	***1-3:30pm*** ***Rec Swim*** ***(begins June 19)***	1:00-4:00 pm **Rec Swim**	1:00-4:00 pm **Rec Swim**
4:00-6:30pm **Swim Lessons**	**4:00-6:30pm** **Swim Lessons**	**4:00-6:30pm** **Swim Lessons**	**4:00-6:30pm** **Swim Lessons**			
6:35—7:25 pm **Off the Deep End** **Joanne** Lap Pool	6:35-7:25 pm **Shallow H2o Fit** **Tracy** Lap Pool	6:35—7:25 pm **Off the Deep End** **Tracy** Lap Pool	6:35-7:25 pm **Shallow H2o Fit** **Tracy** Lap Pool	5:30-6:20 pm **Off the Deep End** **Joanne** Lap Pool		
	6:00-7:00 pm **Vinyasa Yoga** **Tiffany** **Land Class:** **Meeting Room 1**			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**		

- 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.
- ***Impacted Class*** is restricted to a limited amount of class participants.

Updated: 4/29/15 LW

FITNESS CLASS DESCRIPTIONS
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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.

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.

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

Water Pilates 14+
A non-impact water workout incorporating Pilates techniques to improve alignment, posture and balance. The setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land.

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.)