



Shelly Aquatic Center - WINTER Pool Schedule

January 2, 2019 - March 16, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Open Swim 7:15 - 9:00AM	Adult Open Swim 7:15 - 9:00AM	Adult Open Swim 7:15 - 10:00AM	Adult Open Swim 7:15 - 9:00AM	Adult Open Swim 7:15 - 10:00AM	
Aquacise Kelly 9:00 - 9:45AM	H2O Fit Sandy 9:00 - 9:45AM	Resident Pool Supervision Kelly 9:00 - 9:45AM	Ready Set Go! Sandy 9:00 - 9:45AM	Adult Learn to Swim Kelly 9:00 - 9:30AM	Open Swim* 8:00 - 11:00AM
Adult Open Swim 10:00 - 11:00AM	*Functional Moves* Sandy 10:00 - 10:45AM	Mermaid Practice 10:00 - 11:00AM	Adult Open Swim 10:00 - 11:00AM	Open Swim* 10:00 - 12:00PM	
Functional Moves Kelly 11:00 - 11:45AM	Adult Open Swim 11:00 - 12:00PM	Adult Open Swim 11:00 - 12:00PM	*Functional Moves* Sandy 11:00 - 11:45AM		
Pool Closed 12:15PM	Pool Closed 12:00PM	Pool Closed 12:00PM	Pool Closed 12:15PM	Pool Closed 12:00PM	
Open Swim* 1:00 - 4:00PM	Volleyball 1:15 - 2:30PM	Volleyball 1:15 - 2:30PM	Resident Pool Supervision Sandy 1:00 - 2:30PM	Adult Open Swim - For anyone 16 years & older only. *Open Swims - Children welcome *Functional Moves* - AEA/Arthritis Foundation Class 14 Conestoga Drive Lititz, PA 17543 717-581-4295 www.bv.org	
			Adult Open Swim 1:00 - 2:30PM		
	Open Swim* 2:30 - 4:00PM	Open Swim* 2:30 - 4:00PM	Open Swim* 2:30 - 4:00PM		
Pool Closed 4:00PM	Pool Closed 4:00PM	Pool Closed 4:00PM	Pool Closed 4:00PM		

Participants must exit the pool building by "CLOSED" time.

Class Descriptions

Adult Learn to Swim – This class will help overcome your fear and become more comfortable in the water by learning gain basic aquatic skills and swimming strokes.

Aquacise – Intensity Level 3 – This is a shallow water heart healthy class. Move at your own pace as your fitness level regulates you though endurance, strengthening and stretching moves and balance building. This fun social time will use various pool equipment including noodles, kick boards, balls and water buoys.

Functional Moves – Intensity Level 1 – This class was developed by the Arthritis Foundation and is a warm water exercise program for people with symptoms of Arthritis, Fibromyalgia, Parkinson’s, Stroke recovering and Pre and Post-Op Surgery. This class is designed to reduce fatigue, pain, and stiffness, and improve mobility, muscle strength, and coordination. Instructors for this class are certified by the Aquatic Exercise Association in accordance with the Arthritis Foundation Aquatic Program.

H2O Fit – Intensity Level 4 – This class is an intermediate intensity class with an emphasis on cardiovascular endurance, muscle strength and flexibility. Activities include water jogging, aerobic combinations, strengthening exercises using resistive equipment and ending with stretching.

Ready Set Go! – Intensity Level 4 – S= Strength, E= Endurance, T= Training This is an excellent class to increase muscular strength and endurance, while in the water.

Resident Pool Supervision – A Team Member will be in the water assisting Residents during this time. This is ideal for people with mobility/cognitive issues, Pre/Post-Op or who have a fear of water. Exercise programs upon request.

Volleyball – This is a fun water activity to play with your fellow residents. Volleyball gets you moving around in a low impact environment. While we all try to do our best to win the game there are many moments of laughter. Come join in on the fun!

CLASS INTENSITY LEVEL SCALE				
1	2	3	4	5
Very Light	Light	Moderate	Intermediate	Maximum