



AQUATICS

AQUATICS PROGRAM INFO

Aquatics Area Age Guidelines

Children 10 & under must be accompanied in the Aquatics Area by an adult at least 14 years or older.

Water Classes Included in Your Membership

WATER AEROBICS

40-min shallow water class designed to provide a great cardio workout along with strength training through the resistance of water and aqua fitness accessories. (Max class size: 25)

Tuesday & Thursday
5:40 - 6:20 pm

Saturday
8:30 - 9:10 am

SENIOR SPLASH

45-min shallow water class that eases muscle and joint stiffness while providing a light cardio workout. (Max class size: 25)

Monday, Wednesday, & Friday
8:00 - 8:45 am | 9:00 - 9:45 am

Tuesday & Thursday
1:00 - 1:45 pm

GENTLEMEN'S WATER AEROBICS

"Gentler" 45-min water class just for men. Shallow water workout eases muscle & joint suffering while providing light cardio & strength training with aqua resistance tools. (Max class size: 25)

Tuesday & Thursday
11:00 am - 11:45 am

Little Swimmers (9 mon. - 4 yrs.)

Please refer to individual session registration forms for specific dates & rates. Registration deadline: 1 week prior to start date or until full.

PARENT & ME (9 months - 2 years)

An introduction to water for parents and children. Swim diaper required | Must have 4 in each class session.

TINY TOTS SWIMMING (3 years - 4 years)

Introduction to basic water skills & water safety for children. Child must be potty-trained to participate.

Swimming Academy (4 yrs. & up)

Please refer to individual session registration forms for specific dates & rates. Registration deadline: 1 week prior to start date or until full.

LEVEL 1 | SUNFISH

In this introductory level, children will have fun in the water while learning water basics including bobs & floats.

LEVEL 2 | PERCH

In this level, children will learn kicks, glides, & how to roll between front & back floats. Level also introduces breathing for front crawl.

LEVEL 3 | BASS

In this level, children will learn the front crawl with breathing as well as the elementary backstroke.

LEVEL 4 | WALLEYE

In this level, children will learn backstroke, how to tread, & sculling.

LEVEL 5 | NORTHERN PIKE

In this level, children will learn the breaststroke & sidestroke.

LEVEL 6 | MUSKIE

In this final level, children will learn butterfly, endurance in the water, & turns, as well as master strokes learned in previous levels.

Private Swimming Lessons (4 yrs. - adult)

Choice Health & Fitness offers private swimming lessons for every ability. To inquire about lessons, contact Aquatics Coordinator, Ben Nelson: bnelson@choicehf.com | 701.746.2790





AQUATICS

AQUATICS AREA SCHEDULES

ACTIVITY POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am						Closed	Closed
6:00 am							
7:00 am							
8:00 am						Swim Lessons 8:30 - 10:00 am	
9:00 am							
10:00 am	Swim Lessons 10:00 - 11:00 am		Swim Lessons 10:00 - 11:00 am			Water Features & Slides 10:00 am	
11:00 am							Water Features & Slides 11:00 am
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm		
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm					Closed	Closed	Closed
9:00 pm							
10:00 pm	Closed	Closed	Closed	Closed			

General Pool Hours

Mon. - Thurs. 5:30 am - 10:00 pm
 Friday 5:30 am - 8:00 pm
 Saturday 8:00 am - 8:00 pm
 Sunday 11:00 am - 8:00 pm

Water Slide Hours

Mon. - Thurs. 3:30 pm - 9:00 pm
 Friday 3:30 pm - 7:45 pm
 Saturday 10:00 am - 7:45 pm
 Sunday 11:00 am - 7:45 pm
Must be 48" tall to use slides.

Lazy River

LAZY RIVER: 33 Laps = 1 mile
Come walk with or against the current of the lazy river!
Must be at least 48" tall to use the Lazy River unless accompanied by a person age 14 years or older and a life jacket may be required.

LAP POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am	Lap Swim 5:30 - 8:00 am	Lap Swim 5:30 - 11:00 am	Lap Swim 5:30 - 8:00 am	Lap Swim 5:30 - 11:00 am	Lap Swim 5:30 - 8:00 am	Closed	Closed
6:00 am							
7:00 am							
8:00 am	Senior Splash 8:00 - 8:45 am		Senior Splash 8:00 - 8:45 am		Senior Splash 8:00 - 8:45 am	Water Aerobics 8:30 - 9:10 am	
9:00 am	Senior Splash 9:00 - 9:45 am		Senior Splash 9:00 - 9:45 am		Senior Splash 9:00 - 9:45 am	Lap Swim 9:15 am - 8:00 pm	
10:00 am	Lap Swim 9:45 am - 4:15 pm		Lap Swim 9:45 am - 4:15 pm		Lap Swim 9:45 am - 8:00 pm		
11:00 am		Gentlemen's WA 11:00 - 11:45 am		Gentlemen's WA 11:00 - 11:45 am			Lap Swim 11:00 am - 8:00 pm
12:00 pm		Lap Swim 11:45 am - 1:00 pm		Lap Swim 11:45 am - 1:00 pm			
1:00 pm		Senior Splash 1:00 - 1:45 pm		Senior Splash 1:00 - 1:45 pm			
2:00 pm		Lap Swim 1:45 - 4:00 pm		Lap Swim 1:45 - 4:00 pm			
3:00 pm							
4:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
5:00 pm	4:15 - 6:30 pm	4:00 - 5:30 pm	4:15 - 6:30 pm	4:00 - 5:30 pm			
6:00 pm		Water Aerobics 5:40 - 6:20 pm		Water Aerobics 5:40 - 6:20 pm			
7:00 pm	Lap Swim 6:30 - 10:00 pm	Lap Swim 6:20 - 10:00 pm	Lap Swim 6:30 - 10:00 pm	Lap Swim 6:20 - 10:00 pm			
8:00 pm					Closed	Closed	Closed
9:00 pm							
10:00 pm	Closed	Closed	Closed	Closed			

Lap Swimming

LAP POOL: 35 Laps = 1 mile
Lap swimming available in shallow lane anytime pool is not reserved for swimming lessons or water classes. Circle swimming is encouraged.

***Please Note:**
 Schedules and lap pool availability are subject to change.

