



# 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-minute shallow water class designed to provide a great cardio workout along with strength training through the resistance of water and aqua fitness accessories.

**Tuesday & Thursday**      **Tuesday** (starting Oct. 13)  
1:00 pm - 1:45 pm      5:40 - 6:20 pm

**Saturday**  
8:15 - 8:55 am

#### SENIOR SPLASH

45-minute shallow water class that eases muscle and joint stiffness while providing a light cardio workout. (Max class size: 14).

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

#### GENTLEMEN'S WATER AEROBICS

"Gentler" 45-minute water class just for men. Shallow water workout eases muscle & joint suffering while providing light cardio & strength training with aqua resistance tools.

**Thursday** (starting Oct. 15)  
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.

#### ADVANCED PARENT & ME (2 - 3 years)

A fun and safe way to get children comfortable in the water. Class goes further than the original Parent and Me class by introducing kids to water & safety skills. | 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 schedule a lesson, contact Aquatics Coordinator, Preston Olson: polson@choicehf.com | 701.787.3497



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

## General Pool Hours

Mon. - Friday 6:00 am - 8:00 pm  
 Saturday 8:00 am - 5:00 pm  
 Sunday 11:00 am - 5:00 pm

## Water Slide Hours

Mon. - Friday 3:30 pm - 8:00 pm  
 Saturday 12:00 pm - 4:45 pm  
 Sunday 12:00 pm - 4:45 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 Swimming

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

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

LAP POOL		MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30 am	Closed	Closed	Closed	Closed	Closed	Closed	Closed
	6:00 am	Lap Swim 6:00 - 7:55 am	Lap Swim 6:00 - 10:55 am	Lap Swim 6:00 - 7:55 am	Lap Swim 6:00 - 10:55 am	Lap Swim 6:00 - 7:55 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 8:15 - 8:55 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 9:15am-5:00pm	
	10:00 am	Lap Swim 9:45 am - 4:25 pm		Lap Swim 9:45 am - 4:25 pm		Lap Swim 9:45 am - 8:00 pm		
	11:00 am				Gentleman's WA 11:00 - 11:45 am			Lap Swim 11:00 am - 5:00 pm
	12:00 pm		Lap Swim 11:45 am - 1:00 pm		Lap Swim 11:45 am - 1:00 pm			
	1:00 pm		Water Aerobics 1:00 - 1:45 pm		Water Aerobics 1:00 - 1:45 pm			
	2:00 pm		Lap Swim 1:45 - 3:55 pm		Lap Swim 1:45 - 3:55 pm			
	3:00 pm							
	4:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
	5:00 pm	4:30 - 6:30 pm	4:00-5:30pm	4:30- 6:30 pm	4:00-5:30pm		Closed	Closed
	6:00 pm		Water Aerobics 5:40 - 6:20 pm					
	7:00 pm	Lap Swim 6:30 - 8:00 pm	Lap Swim 6:30 - 8:00 pm	Lap Swim 6:30 - 8:00 pm	Lap Swim 6:45 - 8:00 pm			
	8:00 pm	Closed	Closed	Closed	Closed	Closed		
	9:00 pm							
	10:00 pm							