Registration is not required for aquatics classes or to use a lap lane.

**Therapy Pool (93-95 Degrees)**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:15 a.m.</td>
<td>Hydro Motion</td>
<td></td>
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<td>Hydro Motion</td>
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<tr>
<td>8:30-9:15 a.m.</td>
<td>Hydro Motion</td>
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<td>Hydro Motion</td>
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<tr>
<td>10:30-11 a.m.</td>
<td>Range of Motion</td>
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<td>Range of Motion</td>
<td>Range of Motion</td>
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<tr>
<td>11-11:30 a.m.</td>
<td>Ai Chi</td>
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<td>Ai Chi</td>
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<tr>
<td>1-1:45 p.m.</td>
<td>Hydro Motion</td>
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<td>Hydro Motion</td>
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<tr>
<td>2-2:45 p.m.</td>
<td>Aqua Neuro</td>
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<td>Aqua Neuro</td>
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<tr>
<td>5:30-6:15 p.m.</td>
<td></td>
<td></td>
<td></td>
<td>Hydro Healing</td>
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</tbody>
</table>

**Lap Pool (83-85 Degrees)**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15 a.m.</td>
<td>Shallow Water Exercise</td>
<td>Shallow Water Exercise</td>
<td>Shallow Water Exercise</td>
<td>Aqua Cardio</td>
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<tr>
<td>9-9:45 a.m.</td>
<td>Aqua Cardio</td>
<td></td>
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<td>Aqua Cardio</td>
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<tr>
<td>9:30-10:15 a.m.</td>
<td>Hydro Power</td>
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<td>Hydro Power</td>
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<tr>
<td>10-10:45 a.m.</td>
<td>Aqua Neuro</td>
<td></td>
<td></td>
<td>Aqua Neuro</td>
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</tr>
<tr>
<td>10:30-11:15 a.m.</td>
<td>Adult Learn to Swim</td>
<td>Adult Learn to Swim</td>
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<tr>
<td>11:45 a.m.-12:30 p.m.</td>
<td>Aqua Cardio</td>
<td>Aqua Cardio</td>
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<tr>
<td>3-3:45 p.m.</td>
<td>Aqua Volleyball</td>
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<td>Aqua Volleyball</td>
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<tr>
<td>5:30-6:15 p.m.</td>
<td>H2O Fit</td>
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<tr>
<td>5:30-6:45 p.m.</td>
<td>Masters Swimming Registration Required</td>
<td>Masters Swimming Registration Required</td>
<td>Masters Swimming Registration Required</td>
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Masters Swimming
*Lap Pool, lanes*
Swim for exercise, competition, triathlon training, and more. U.S. Masters Swimming provides adults the opportunity to improve stroke technique, compete, exercise, or simply swim laps for fun under a U.S. Masters certified coach. Participants must be able to successfully swim four lengths of the pool prior to joining. Registration is required. To register, visit lakeshore.org/aquaticsclasses or contact Daniel Kamber at 205-313-7411 or danielk@lakeshore.org.

Beginner Level Classes

**Range of Motion**
*Therapy Pool, shallow*
Move each joint of the body through exercises focused on strengthening and lengthening. Enjoy improved posture through balance and core exercises.

**Ai Chi**
*Therapy Pool, shallow*
Calm the nervous system with a combination of deep breathing and slow broad movements in chest deep water. Nineteen postures, from simple hand movements to balancing the whole body, invite awareness, relaxation and tranquility.

**Adult Learn to Swim**
*Lap Pool, uses shallow and deep water depending on comfort level with water*
Become confident in the water and/or refine your stroke with the expertise, support and practice time Adult Learn to Swim brings. Open to all ability levels.

**Hydro Healing**
*Therapy Pool, shallow*
Build strength, encourage flexibility, and improve balance and gait with low-to-moderate aerobic exercises focusing on all muscle groups. Class sometimes includes games and dancing.

Intermediate Level Classes

**Aqua Neuro**
*Therapy and/or Lap Pool, shallow and/or deep*
Maintain and improve gait, posture, flexibility, strength, endurance, and balance through a combination of exercises and functional activities. Areas of the body are targeted specific to those with a neurological condition such as MS, Parkinson’s, etc.

**Shallow Water Exercise**
*Lap Pool, shallow*
Enjoy a total body workout while improving range of motion, muscular strength, cardiovascular endurance, flexibility and balance.

**Hydro Motion**
*Therapy Pool, shallow*
Improve strength, flexibility, balance, and gait with low-to moderate intensity aerobic exercises focusing on all muscle groups and joints of the body.

**Aqua Volleyball**
*Lap Pool, shallow*
Have a ball while working to maintain strength, endurance, flexibility, posture, gait and balance in this lively and interactive volleyball class. An inflatable beach ball is used.

Advanced Level Classes

**Aqua Cardio**
*Lap Pool, shallow and deep*
Challenge your coordination and balance with moderate-to-high aerobic, endurance and strengthening exercises in shallow and deep water. Participants must be comfortable in deep water to utilize this portion of the class. A flotation belt is available for deep water.

**Hydro Power**
*Lap Pool, shallow and deep*
Challenge your cardiovascular and muscular systems with moderate-to-high aerobic exercises focusing on your core. Participants must be comfortable in deep water to utilize this portion of the class. A flotation belt is available for the deep water. A shallow cool down is included.

**H2O Fit**
*Lap Pool, shallow and deep*
Challenge your core, build endurance, and strengthen the cardiovascular and muscular systems with moderate-to-high aerobic exercises in deep and shallow water. Participants must be comfortable in deep water to utilize this portion of the class. A flotation belt is available for the deep water.

As of August 22, 2022

**Aquatics Center Hours of Operation**
Weekdays: 5:30 a.m. until 7:15 p.m.
Saturday: 7 a.m. until 2:45 p.m.
Sunday: Closed