

ADULT AQUATICS SCHEDULE

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

Therapy Pool (93-95 Degrees)

TIME	MON	TUES	WED	THURS	FRI	SAT
6:30-7:15 a.m.		Hydro Motion		Hydro Motion		
8:30-9:15 a.m.	Hydro Motion		Hydro Motion			
10:30-11 a.m.	Range of Motion		Range of Motion	Range of Motion		Range of Motion
11-11:30 a.m.	Ai Chi		Ai Chi	Ai Chi		
1-1:45 p.m.	Hydro Motion		Hydro Motion			
2-2:45 p.m.		Aqua Neuro		Aqua Neuro		
5:30-6:15 p.m.			Hydro Healing			

Lap Pool (83-85 Degrees)

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-9:15 a.m.	Shallow Water Exercise		Shallow Water Exercise			Aqua Cardio
9-9:45 a.m.		Aqua Cardio		Aqua Cardio		
9:30-10:15 a.m.	Hydro Power		Hydro Power			
10-10:45 a.m.		Aqua Neuro		Aqua Neuro		
10:30-11:15 a.m.	Adult Learn to Swim		Adult Learn to Swim			
11:45 a.m.-12:30 p.m.	Aqua Cardio		Aqua Cardio			
3-3:45 p.m.		Aqua Volleyball		Aqua Volleyball		
5:30-6:15 p.m.		H2O Fit				
5:30-6:45 p.m.	Masters Swimming Registration Required			Masters Swimming Registration Required		

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