

PORTSMOUTH INDOOR POOL EFFECTIVE February 13 - March 18, 2012

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:30-6:30	6 LANE LAP	5 LANE LAP 1 CANNONBALL	6 LANE LAP	5 LANE LAP 1 CANNONBALL	6 LANE LAP	WEEKEND SCHEDULE			
6:30-7:30		4 LANE LAP 2 MASTERS		4 LANE LAP 2 MASTERS					
7:30-8:45		6 LANE LAP		6 LANE LAP					
8:45-9:45	WATER YOGA & PILATES 1 LANE LAP	AQUA FITNESS 2 1 LANE LAP	4 LANE LAP	AQUA FITNESS 2 1 LANE LAP	4 LANE LAP	7:00-8:00	PST 3 LANE LAP	7:00-9:00	6 LANE LAP
	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	8:00-9:00	PST 1 LANE LAP	9:00-12:30	FAMILY SWIM LAPSS 2 LANE LAP
9:45-10:30	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	9:00-12:00	Lessons/Cannonball 1 LANE LAP		
	AQUA FITNESS 1 AND PRE/POST NATAL 10-11AM	FAMILY SWIM 2 LANE LAP	FAMILY SWIM 2 LANE LAP	FAMILY SWIM 2 LANE LAP	FAMILY SWIM 2 LANE LAP				
10:30-11:00		SENIOR	SENIOR	SENIOR	SENIOR				
11:00-12:00	SENIOR 3 LANES 3 LANE LAP	SENIOR 3 LANES AQUACIZE	SENIOR 3 LANES AQUACIZE	SENIOR 3 LANES AQUACIZE	SENIOR 4 LANES TRI -GROUP	12:00-1:00	FAMILY SWIM 2 LANE LAP Cannonball 1 LANE		
12:00-1:00	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP	6 LANE LAP		Cannonball 1 LANE		
1:00-2:00	LAP/OPEN	LAP/OPEN	LAP/RENTAL	LAP/RENTAL	LAP/OPEN				
2:00-3:00	POOL CLOSED MAINTENANCE	3 LANE LAP FAMILY SWIM	LAP/OPEN	LAP/OPEN LITTLE HARBOUR	3 LANE LAP FAMILY SWIM	1:00-2:00	Cannonball 1 LANE FAMILY SWIM 2 LANE LAP		
3:00-4:00	LAP/OPEN	LAP/OPEN	LAP/OPEN	LAP/OPEN	LAP/OPEN				
4:00-4:30	Cannonball 1 LANE SWIM LESSONS 1 LANE LAP/OPEN	PST	Cannonball 1 LANE SWIM LESSONS 1 LANE LAP/OPEN	PST	PST	2:00-3:00	FAMILY SWIM 1 LANE LAP SPECAIL OLYMPICS		
4:30-5:00	Cannonball 1 LANE SWIM LESSONS 1 LANE LAP/OPEN	PST	Cannonball 1 LANE SWIM LESSONS 1 LANE LAP/OPEN	PST	PST	3:00-5:00	CANNONBALL		
5:00-5:30	PST 5 LANES SWIM LESSONS	PST	PST 3 LANES Lessons/1 Lane Lap	PST	PST				
5:30-6:00	PST	PST 4 LANES 2 LANE LAP	PST 4 LANES Lessons/1 Lane Lap	PST 4 LANES SWIM LESSONS	PST				
6:00-7:00	PST	Cannonball 1 LANE AQUA FITNESS TRI GROUP	PST	Cannonball 2 LANE SWIM LESSONS 1 LANE LAP	Cannonball 4 LANES 1 LANE LAP FAMILY SWIM				
7:00-8:00	GBM Cannonball 2 LANES	HYDRO BURN CANNONBALL	GBM Cannonball 2 LANES	HYDRO BURN CANNONBALL	2 LANE LAP CANNONBALL				
8:00-8:30	Cannonball 2 LANES 4 LANE LAP	CANNONBALL 3 LANE LAP	Cannonball 2 LANES 4 LANE LAP	CANNONBALL 3 LANE LAP	CANNONBALL 3 LANE LAP				
8:30-9:00	6 LANE LAP	CANNONBALL 3 LANE LAP	6 LANE LAP	CANNONBALL 3 LANE LAP	6 LANE LAP				

Aqua-Fitness 1 and Pre/Post Natal Water Exercise Class **Valerie** **Mondays 10:00 -11:00 am**

With simple fun moves we will focus on upper body and lower body conditioning. This low impact class is perfect for the beginner and designed for all new and soon-to- be moms. It offers toning, balance, and can easily be modified to suit your needs. This workout also allows for a period of relaxation and reflection. Great class to start a water exercise program!

Aqua-Fitness 2 **Valerie** **Tuesdays & Thursdays 8:45-9:45am**

This is a highly effective shallow and deep water work out. This class uses the waters natural resistance to work your muscles and increase your range of motion while building core strength. This program also includes Pilates and yoga exercises. This is a great workout for the intermediate and advance aqua fitness student.

Water Yoga, and Pilates **Valerie** **Mondays 8:45-9:45am**

This program creatively adapts Yoga and Pilates exercises for the pool. Elongating the entire body with unique conditioning exercises. You will Enhance flexibility, strength, breathing, and body awareness while connecting the mind and body. This program is fun, relaxing, and appeals to a large spectrum of ages and fitness levels.

Aquacize **Peggy** **Tuesday, Wednesday, Thursday 11am-12pm**

This aqua exercise class uses a combination of shallow and deep water exercises. This class consists of a 5-10 minute warm-up, 30-35 minute workout, and a cool down at the end of class. Water equipment will be used during the class. This class is designed for both shallow and deep water and include varying intervals and fluid movements. Journey into the shallow and deep while experiencing an energetic interval program to increase power, strength, and aerobic benefits. See the results in this non-impact environment.

Tri-Group **Yvonne and Sue** **Tuesday 6pm-7pm** **Friday 11am-12pm**

Basic Tri training. Learn the drills that will make you a more efficient swimmer. This program will consist of approximately 1,000 meters and a combination of endurance and strength training. Must be comfortable swimming 2 laps of the pool with rotary breathing.

Evening Aqua- Fitness **Valerie** **Tuesdays 6:00-7:00 pm**

Burn calories! Boost your metabolism! Have fun while participating in a vigorous water workout. The total body toning and stretching exercises make this a complete and effective workout. You'll learn how to maximize the water's resistance, and challenge each muscle group while building core strength. This program appeals to a wide spectrum of ages and fitness levels.

****Hydro-Burn - This is a pay for program \$5 members \$10 Non-Members per class** **Tuesday/Thursday 7pm-8pm**

This program is designed for anyone who wants to lose weight, improve their overall mobility/fitness level as well as their quality of life. This aquatic circuit training program consists of both shallow and deep water exercises utilizing various aquatic exercise equipment .A total body workout program is performed at varying intensity levels to maximize your exercise experience and prevent you from getting bored of the same old exercise routine.

RENTALS

PST - Portsmouth Swim Team - Pool is not available during this scheduled time

GBM - Great Bay Master's - Open to all swimmers. \$7 drop in or \$50 for a 10 swim pass

CANNONBALL - Swim Team - Pool is not available during this scheduled time

LAPSS - Private swim rental - Pool is not available during this scheduled time

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