



AQUATICS SCHEDULE

Effective: Summer 2017

9.6



AQUATICS POOL					
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6:00 - 7:00 am Aqua Wake up Dawn		6:00 - 7:00 am H2O Dynamics Debbie		6:00 - 7:00 am Aqua Mania Grace	
9:00 - 10:00 am H2O Fusion Debbie	9:00 - 10:00 am Xtreme Plunge Lora	9:00 - 10:00 am Aqua Revolution Judy	9:00 - 10:00 am Into Deep Debbie	9:00 - 10:00 am Xtreme Plunge Mari	
10:00 - 10:45 am Senior Wellness Special Fee	10:00 - 11:00 am Aqua Revolution Judy	10:00 - 10:45 am Senior Wellness Special Fee	10:00 - 11:00 am Cardio Splash Debbie	10:00 - 10:45 am Senior Wellness Special Fee	10:00 - 11:00 am Aqua Splash Staff
11:00 - 12:30 pm Quiet Adult ONLY water walk/swim	11:00 - 12:30 pm Quiet Adult ONLY water walk/swim	11:00 - 12:30 pm Quiet Adult ONLY water walk/swim	11:00 - 12:30 pm Quiet Adult ONLY water walk/swim	11:00 - 12:30 pm Quiet Adult ONLY water walk/swim	
12:30 - 1:30 pm H2O Burn Dawn		12:30 - 1:30 pm Aqua Mania Nancy		12:30 - 1:30 pm H2O Burn Nancy	
5:30 - 6:30 pm Wet N Wild Heidi	5:30 - 6:30 pm Tsunami Debbie	5:30 - 6:30 pm Wet N Wild Heidi	5:30 - 6:30 pm H2O Sculpt Julie		
Fee Required					

LAP POOL					
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6:00 - 7:00 am Masters Lanes: 1 to 5	6:00 - 7:00 am Masters Lanes: 1 to 5	6:00 - 7:00 am Masters Lanes: 1 to 5	6:00 - 7:00 am Masters Lanes: 1 to 5	6:00 - 7:00 am Masters Lanes: 1 to 5	8:00 - 9:00 am Masters Lanes: 1 to 5
12 - 1:00 pm Masters Lanes: 1 to 5	12 - 1:00 pm Masters Lanes: 1 to 5	12 - 1:00 pm Masters Lanes: 1 to 5	12 - 1:00 pm Masters Lanes: 1 to 5	12 - 1:00 pm Masters Lanes: 1 to 5	
3:30 - 7:00 pm Aqua Jets Lanes: 1 to 5	3:30 - 7:00 pm Aqua Jets Lanes: 1 to 5	3:30 - 7:00 pm Aqua Jets Lanes: 1 to 5	3:30 - 7:00 pm Aqua Jets Lanes: 1 to 5	3:30 - 7:00 pm Aqua Jets Lanes: 1 to 5	
7:00 - 8:00 pm Masters Lanes: 1 to 4	7:00 - 8:00 pm Masters Lanes: 1 to 4	7:00 - 8:00 pm Masters Lanes: 1 to 4	7:00 - 8:00 pm Masters Lanes: 1 to 4		
LANE 8 is to be shared with N.V.S.S.			9:00am - 12Noon / 1:00pm - 7:00pm		

THERAPY POOL- Seasonal Hours (subject to change)					
Mon.	Tues.	Wed.	Thurs.	Fri.	
8:00 - 9:00 am Quiet Adult ONLY water walk/swim	8:00 - 9:00 am Quiet Adult ONLY water walk/swim	8:00 - 9:00 am Quiet Adult ONLY water walk/swim	8:00 - 9:00 am Quiet Adult ONLY water walk/swim	8:00 - 9:00 am Quiet Adult ONLY water walk/swim	

Please note text in "red" indicates changes to the schedule

In Motion Fitness reserves the right to cancel, substitute classes and or instructors due to unforeseen circumstances whenever necessary. We appreciate your understanding.

Aqua Supervisor: Heidi Radcliffe hradcliffe@inmotionfitness.net

PROGRAM DESCRIPTIONS

Aqua Mania - If you're looking to get crazy and let all your worries go, then this is the class for you. You will keep moving and never stop. A moderate to vigorous aqua workout that includes cardiovascular, toning and stretching exercises for any ability level. This class incorporates a variety of equipment and uses every muscle in your body.

Aqua Revolution - Start something new with this Aqua class. This class is designed with every "body" in mind. Enjoy all the toys of the pool while staying fit. Learn to strengthen and stabilize the "core" to improve posture, balance and muscle tone. Beginners will love this class and so will the seasoned aquasizers.

Cardio Splash - Splash into fitness and enjoy the resistance of the water against your body in this total body workout. You will build your cardiovascular endurance and muscle tone while enjoying the "splash" of the pool. Come join us, you'll be glad you did!

H2O Burn - If you like to "feel the burn" when you work out, come give this class a try. Your muscles will be thanking you. Don't be surprised when you want to keep coming back for more! Using the resistance of the water, you will be able to build muscle with little or no impact and have fabulous results.

H2O Dynamics - If you're looking to change the way you feel about getting into the pool, then give this class a try. There's no messing around when you jump in and start moving. It's guaranteed to keep you coming back to see what's next! This class includes a dynamic warm-up, cardio, strength training, abs and stretching. It includes deep water cardio, at members' discretion.

H2O Fusion - This class uses a mix of various equipment including belts, Aqua horses, noodles, buoys, bands and more. You'll have to come see what's in store for you each day. Good for all levels! H2O Fusion utilizes both deep and shallow water at members' discretion. Classes will vary and keep you guessing! **H2O Sculpt** - This water workout program conditions the entire body. The class is geared for participants looking for a dynamic muscle conditioning workout to help you shape up and get fit. The class will include upper and lower body exercises as well as abs and stretching. Find out how water can make workouts fun and challenging!

Into Deep - Deep Water Aqua class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! This class is very therapeutic to those recovering from injuries, and also complimentary to high impact training. Participants should be comfortable in deep water, but all moves convert easily to shallow water.

Sunrise Splash - Jump start your week with a high energy cardio and toning workout. This class incorporates various types of Aqua equipment to help tone and wake up to a new you! All levels welcome!

Tsunami - Make some waves in this class! It's all about making you move like you've never done before. From intervals to strength training, this class is sure to move you in the right direction! Make this cardiovascular & strength training class as easy or hard as you need it to be. Moves can be modified to meet your ability.

Xtreme Plunge - This high energy class offers a combination of strength training and cardio endurance. Each class will utilize different toning, stretching, and sculpting activities using the water's natural resistance or water resistance equipment. You'll love the way you feel after this hour of work and play!

Water In Motion - One hour guided workout. Improve strokes and endurance. Must know freestyle and backstroke, 14 years and up.

Weekend Aqua Splash - Come check out all we have to offer. Saturday is designed to mix it up. Each weekend a different instructor will guide you through a workout guaranteed to get your weekend moving in the right direction.

Wet 'n Wild - Are you tired at the end of the day? Do you want to get moving and have some fun? This class will work your muscles and help you finish your day in the best possible way. Be prepared to "deepen" your pool experience. **Family Swim** - These times are when lifeguards are on deck and you are able to swim with your child. If your child is over 7 years old, you may workout while your child is swimming. Adults must remain in the facility. Children under 7 years old must be accompanied by an adult at all times. All children under 14 years old must be walked through the locker room by an adult. NO LIFEGUARDS ON DUTY during the fall and winter schedules

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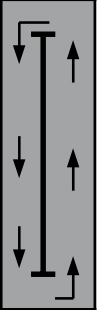
Lap Swimming - State-of-the-art competition pool, 8 lanes, 25 yards. Deck level gutter system designed for speed. The waves simply spill over the sides of the lap pool rather than bouncing back into the pool. Lap swimming is open to members 14 yrs and older during pool hours. Please follow lap swimming etiquette. Three lanes are always open for lap swimmers (east lanes 6, 7

& 8). Lanes may be used by more than one swimmer at a time. There are two additional lanes available in the Aquatic Pool during times when other programs are not being offered. This pool is a shorter distance and kept at a warmer temperature.

Swimming Lessons - In Motion Fitness has their own swim school, North Valley Swim School. We have swim lessons for all ages and all levels. Our school specializes in parent/tot lessons. We offer swim lessons year round and is the only accredited swim school in Northern California. For more info or to schedule swim lessons call 345-6707.

Lap Swimming Etiquette

- If a lane is open, you may jump into that lane.
- When all the lanes have at least one swimmer, select the lane with the person swimming approximately your speed. Notify swimmer before jumping into that lane that you would like to share the lane.
- With two (2) swimmers in one lane, the swimmers may opt to keep to one side or circle swim (swim counterclockwise). Keep to the right at all times when circle swimming.
- With two or more swimmers per lane, it is recommended to circle swim.
- If a swimmer behind you looks as though she or he may overtake you on the next lap, stop and wait at the wall for the swimmer to pass you.
- The lap pool is for lap swimming. It is not a pool to play in.
- Lap swimmers must be 14 years or older.



Quiet Adult Only Water Walking & Swim— Aquatic Pool is for Adults only to walk or swim quietly without the splashing and craziness of children. No children allowed in Aquatics Pool. Aqua vest available.

Chico Masters – Designed for the swimming enthusiasts of all levels of fitness and ability. Technical Stroke instruction and supervised workouts are given to swimmers of all ability levels whether swimming for fitness or to compete at the regional to national level. Must be 19 years old. (Additional Fee)

Chico AquaJets Swim Team— The Chico AquaJets is a year round swim team run by the Chico Area Swim Association, a non-profit organization under sanction of USA SWIMMING, Inc. Requirements for participation are minimal: swimmers must be at least five years old and be able to complete 25 yards freestyle, one lap of the pool. (Additional Fee)

MiniJets— MiniJets is a fun year round program for swimmers age three to eight years old. Great way to prepare for the AquaJets. (Additional Fee)

Aquatic Resort Includes:

- 8 Lane, Waveless Competitive Lap Pool (25 yds) 80° – 82°
- Aquatic Pool (Aqua exercise pool & more) 86°
- North Valley Swim School Pool (swim lessons) 93°
- Resort Pool (family swim) not heated
- Therapy Pool (swim lesson pool & more) 91°
- Two spas (to suit everyone's needs) 99° & 103°
- Splash Park (only open during summer)



KEEP IT CLEAN

Shower before entering the pools and no changing of children on deck. Please observe all Pool & Spa rules, Lap Swimming Etiquette and Children Policies. Thank you, IMF

Other Special Programs:

- North Valley Swim School - Swim lessons for all ages
- Chico Masters
- Chico AquaJets (swim team)
- Adult Improvement Classes
- Stroke Analysis Training
- Aquatic Personal Training
- Birthday Parties for Kids!
- Super Senior Friendly Class

Year round swim lessons being offered! Check NVSS brochure for dates or call 345-6707.

Club Hours:

Open Mon: 3:00am
Mon - Fri: Open 24 Hours
Close Fri: 12 Midnight
Sat - Sun: 4:30am - 12 Midnight

Childcare:

Mon - Fri: 8:00am - 8:00pm
Sat - Sun: 9:00am - 2:00pm

