



# EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 5:00AM-8:00AM 2 Lanes All Areas	<b>OPEN SWIM</b> 6:00AM-8:00AM 2 Lanes All Areas
<b>OPEN SWIM</b> 8:00AM-11:00AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-11:00AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-11:00AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-11:00AM 1 Lane Only Zero Entry Only	<b>OPEN SWIM</b> 8:00AM-11:00AM 1 Lane Only Zero Entry Only	<b>CLOSED</b> 8:00AM-12:15PM SWIM LESSONS
<b>AQUA FIT</b> 8:00AM Debbie	<b>AQUA CARDIO FIT</b> 8:00AM Debbie	<b>AQUA FIT</b> 8:00AM Debbie	<b>AQUA BALANCE CORE &amp; MORE</b> 8:00AM Debbie	<b>AQUA FUN FRIDAY</b> 8:00AM Debbie	<b>OPEN SWIM</b> 12:15PM-6:45PM 2 Lanes All Areas
<b>AQUA DANCE FIT</b> 9:00AM Starla	<b>AQUA TABATA</b> 9:00AM Debbie	<b>AQUA DANCE FIT</b> 9:00AM Starla	<b>AQUA CARDIO FIT</b> 9:00AM Debbie	<b>AQUA DANCE FIT</b> 9:00AM Starla	
<b>AQUA MOVE</b> 10:00AM Debbie	<b>AQUA FIT</b> 10:00AM Kelli	<b>AQUA YOGA</b> 10:00AM Kristi	<b>AQUA FIT</b> 10:00AM Kelli	<b>AQUA MOVE</b> 10:00AM Debbie	<b>SUNDAY</b> <b>OPEN SWIM</b> 8:00AM-4:45PM 2 Lanes All Areas
<b>OPEN SWIM</b> 11:00AM-6:00PM 2 Lanes All Areas	<b>OPEN SWIM</b> 11:00AM-8:45PM 2 Lanes All Areas	<b>OPEN SWIM</b> 11:00AM-8:45PM 2 Lanes All Areas	<b>OPEN SWIM</b> 11:00AM-8:45PM 2 Lanes All Areas	<b>OPEN SWIM</b> 11:00AM-8:45PM 2 Lanes All Areas	
<b>AQUA FIT</b> 6:00PM Pam S		<b>CLOSED</b> 6:00PM-7:30PM SWIM LESSONS			
<b>OPEN SWIM</b> 6:00PM-7:00PM 1 Lane Only Zero Entry Only		<b>OPEN SWIM</b> 7:30PM-8:45PM 2 Lanes All Areas			
<b>OPEN SWIM</b> 7:00PM-8:45PM 2 Lanes All Areas					

**POOL CLOSED**  
FOR SWIM LESSONS  
TUESDAY EVENING  
5:00PM-7:00PM  
JAN 7-FEB 11

FACILITY HOURS: MONDAY-FRIDAY 5:00am-9:00pm | SATURDAY 6:00AM-7:00PM | SUNDAY 8:00AM-5:00PM  
CHILD WATCH HOURS: MONDAY-FRIDAY 8:00AM-12:00PM & 4:00PM-8:00PM SATURDAY 8:00AM-12:00PM

EXCELSIOR SPRINGS COMMUNITY CENTER | 500 TIGER DRIVE, EXCELSIOR SPRINGS MISSOURI 64024 | 816-656-2500

## AQUA CLASS DESCRIPTIONS:

**AQUA BALANCE, CORE & MORE:** FOCUS ON BALANCE, CORE, LUMBAR STABILIZATION, AND MORE. WILL UTILIZE DUMBBELLS, NOODLES AND YOUR OWN BODY WEIGHT. THIS IS ALSO A GREAT OPTION FOR THOSE IN RECOVERY.

**AQUA CARDIO FIT:** FULL BODY WORKOUT, IMPROVING CARDIOVASCULAR ENDURANCE.

**AQUA FIT:** HIGH ENERGY FULL BODY WORKOUT. COME READY TO MOVE! IF YOU WERE ON LAND YOU'D DEFINITELY BE SWEATING.

**AQUA FUN FRIDAY:** FUN MUSIC, FUNKY MOVES, AND FUN GAMES!!

**AQUA MOVE:** IS A FUN, LOW IMPACT, HIGH ENERGY, FULL BODY WORKOUT IN THE WATER THAT IS JOINT FRIENDLY. ALL AGES, ABILITIES, AND FITNESS LEVELS ARE WELCOME.

**AQUA DANCE FIT:** AQUA DANCE EMBRACES THE RHYTHMS AND MOVEMENTS OF UPBEAT MUSIC. NO DANCE BACKGROUND NECESSARY—JUST MOVE AND HAVE FUN.

**AQUA TABATA:** SHORT BURST OF HIGH INTENSITY TRAINING FOLLOWED BY SHORT REST PERIODS.

**AQUA YOGA:** EXPERIENCE YOGA IN A NEW WAY. CHALLENGE YOUR BALANCE AGAINST THE WATER.

**DEEP WATER:** HIGH ENERGY EXERCISE WEARING A WATER BELT TO KEEP YOU AFLOAT IN THE DEEP WATER.

## OTHER INFORMATION:

- LAP LANES ARE 20 YARDS. ONE SWIMMING MILE IS 88 LAPS.
- WHEN 2 LAP LANES ARE AVAILABLE, WE ALWAYS HAVE A WALKING LANE OPEN.
- WALK LANE IS ALSO PART OF OPEN SWIM.
- HELP KEEP THE POOL CLEAN! PLEASE RINSE OFF WITH WARM WATER FOR 1-2 MINUTES BEFORE ENTERING THE POOL OR SPA.
- PROPER SWIMWEAR IS ALWAYS REQUIRED.
- WHEN YOU ARE DONE WITH WEIGHTS, THEY NEED TO BE PLACED IN THE EMPTY BIN FOR SANITATION.
- NO HEAVY PERFUMES, BODY LOTIONS, DEODORANTS OR OILS ARE TO BE WORN IN THE POOL OR SPA.
- IF YOU ARE WEARING CLOTHING OVER YOUR SWIMWEAR, PLEASE MAKE SURE IT IS LIGHT COLORED.
- PLEASE BE RESPECTFUL OF CLASSES GOING ON.
- POOL TEMPS: TEMPS ARE AN APPROXIMATE ONLY.
  - LAP LANES: ~83-86 DEGREES
  - ZERO ENTRY: ~83-86 DEGREES
  - SPA: ~101-104 DEGREES
- POOL DEPTHS:
  - LAP LANES: 3'6"-5'
  - ZERO ENTRY: 0'-2'
  - SPA: 3'6"

