



EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE DECEMBER 2024

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

**POOL CLOSED
FOR SWIM LESSONS
WEDNESDAY EVENING
6:00PM-7:30PM
SATURDAY MORNING
8:00AM-12:15PM
NOV 6TH-DEC 14TH**

**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 ARTHRITIS: DESIGNED TO WORK ON RANGE OF MOTION, BALANCE, BUILDING MUSCLE STRENGTH, AND REDUCING PAIN AND STIFFNESS ALL WHILE UTILIZING THE RESISTANCE OF THE WATER.

AQUA DANCE FIT : AQUA DANCE EMBRACES THE RHYTHMS AND MOVEMENTS OF A VARIETY OF UPBEAT MUSICAL STYLES CREATING ENDLESS POSSIBILITIES OF FUN AND ENERGIZING WORKOUTS. ANYONE CAN JOIN AQUA DANCE. NO DANCE BACKGROUND NECESSARY—JUST A WILLINGNESS TO MOVE AND HAVE FUN.

WATER WITH TRISH: FUN, ENERGETIC, ACTIVE, AND FAST PACED WATER WORKOUT.

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 DANCE: ZUMBA FITNESS IN THE POOL! ALL OF YOUR FAVORITE LATIN-INSPIRED DANCE MOVES BUT WITH ADDED RESISTANCE FROM THE WATER. YOU’LL JUMP, STRETCH, AND MOVE TO THE BEAT OF THE MUSIC – ALL THE WHILE PUSHING YOUR ARMS AND LEGS THROUGH THE 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
 - BASKETBALL: ~83-86 DEGREES
 - SPA: ~101-104 DEGREES
- POOL DEPTHS:
 - LAP LANES: 3'6"-5'
 - ZERO ENTRY: 0'-2'
 - BASKETBALL: 3'6"
 - SPA: 3'6"

