



# EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE JUNE 2024

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

FACILITY HOURS: MONDAY-FRIDAY 5:00am-9:00pm | SATURDAY 6:00AM-7:00PM | SUNDAY 8:00AM-5:00PM

CHILD WATCH HOURS: MONDAY-THURS 8:00AM-12:00PM & 5:00PM-8:00PM FRIDAY & SAT: 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"

