



EXCELSIOR SPRINGS COMMUNITY CENTER INDOOR POOL SCHEDULE

MARCH 2025

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

**POOL CLOSED
FOR SWIM LESSONS
TUESDAY EVENING
5:00PM-7:00PM
MARCH 4-APRIL 8**

**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: ~80-84 DEGREES
 - ZERO ENTRY: ~80-84 DEGREES
 - SPA: ~101-104 DEGREES
- POOL DEPTHS:
 - LAP LANES: 3'6"-5'
 - ZERO ENTRY: 0'-2'
 - SPA: 3'6"

