

AquaticsClassSchedule

JANUARY 6TH – JUNE 14TH
WINTER / SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:30am Adult Swim M W	5:00-8:00am Adult Swim M W	5:00-6:30am Adult Swim M W	5:00-8:00am Adult Swim M W	5:00-6:30am Adult Swim M W	5:00-8:00am Adult Swim M W	5:00-9:30am Adult Swim M W
5:30-6:30am Masters Swim \$\$ L	8:00-9:00am Joints In Motion M W ▲	5:30-6:30am Tri Swim \$\$ L	8:00-9:00am Joints Combo M W ▲	5:30-6:30am Masters Swim \$\$ L	7:15-8:15am H2O Fun & Fitness* M S	8:30-9:30am Aqua Rhythm* M S
5:30-6:30am Deep H2O* M S	9:00-10:00am Masters Swim \$\$ L	5:30-6:30am Deep H2O* M S	9:00-10:00am H2O Fun & Fitness M S	5:30-6:30am H2O Fun & Fitness* M S	8:00-9:00am Joints In Motion M W ▲	9:30-10:30am Ai Chi/Joints Combo M W ▲
6:30-7:15am Aqua Waves M W	9:00-10:00am H2O Fun & Fitness M S	6:30-7:30am Tri Swim \$\$ L	10:45-11:30am Deep H2O Arthritis* M S ▲	6:30-7:15am Aqua Waves M W	8:30-9:30am H2O Fun & Fitness* M S	5:00-6:30pm Adult Swim M W
7:00-8:00am Aqua Boot Camp* M S	10:45-11:30am Deep H2O Arthritis* M S ▲	6:30-7:15am Aqua Flow M W	11:00am-12:30pm Mega Masters \$\$ L	7:00-8:00am Aqua Bootcamp* M S	9:00-10:00am Pilates/Aqua Flow M W	9:00pm-3:00am Adult Swim M W
8:00-9:00am Joints Combo M W ▲	11:30am-12:30pm Adult Swim M S	7:30-8:30am H2O Fun & Fitness* M S	11:30am-12:30pm Adult Swim M S	8:00-9:00am Joints In Motion M W ▲	4:00-6:00pm Adult Swim M W	
8:30-9:20am Deep H2O* M S	1:00-2:00pm Meriter Class M W	8:00-9:00am Joints In Motion M W ▲	12:00-1:00pm Meriter Class M W	8:30-9:30am H2O Fun & Fitness M S	9:00pm-3:00am Adult Swim M W	
9:00-9:45am Gentle Joints M W ▲	2:00-3:00pm Adult Swim M W	9:00-9:45am Gentle Joints M W ▲	2:00-3:00pm Adult Swim M W	9:00-9:45am Gentle Joints M W ▲		
9:30-10:30am H2O Fun & Fitness M S	5:00-5:55pm Cardio/Sculpt M S	9:00-10:00am Aqua Boot Camp* M S	6:00-6:45pm Prenatal Aqua Bootcamp* \$\$ S	9:30-10:30am Aqua Zumba M S		
10:00-11:00am Joints In Motion M W ▲	9:00-3:00am Adult Swim M W	10:00-11:00am Joints in Motion M W ▲	6:00-7:00pm Masters Swim \$\$ L	10:00-11:00am Joints Combo M W ▲		
11:00am-12:00pm Masters Swim \$\$ L		11:00am-12:00pm Aqua Waves M W	9:00pm-3:00am Adult Swim M W	11:00am-12:00pm Aqua Waves M W		
11:15am-12:15pm Aqua Waves M W		2:00-3:00pm Adult Swim M W		2:00-3:00pm Adult Swim M W		
2:00-3:00pm Adult Swim M W		5:00-5:55pm H2O Fun & Fitness* M S		9:00pm-3:00am Adult Swim M W		
5:00-5:55pm Cardio/Sculpt M S		5:30-6:30pm Aqua Flow M W				
5:30-6:30pm Aqua Flow M W		9:00pm-3:00am Adult Swim M W				
5:15-6:15pm Masters Swim \$\$ L						
9:00pm-3:00am Adult Swim M W						

LEGEND

- M Included in Membership
- \$\$ Additional Fee
- L Located in Lap Pool
- S Located in Sport/Outdoor Pool
- W Located in Warm Water Pool
- ▲ Arthritis Foundation Approved
- * Always Indoors

REGISTRATION

Visit harborathletic.com to register for Masters Swim Programs.

KID'S CLUB HOURS

Monday – Thursday:
8:00am-8:00pm

Friday: 8:00am-4:00 pm

Saturday – Sunday:
8:00am-12:00pm

All information is subject to change



OpenSwimSchedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Pool: 12:00-1:00am 3:00-5:30am 6:30-11:00am 12:00-5:15pm 6:15-11:59pm	Lap Pool: 12:00-1:00am 3:00-9:00am 10:00am-4:30pm 5:30-11:59pm	Lap Pool: 12:00-1:00am 3:00-5:30am 7:30am-4:30pm 5:30-11:59pm	Lap Pool: 12:00-1:00am 3:00-11:00am 12:30-6:00pm 7:00-11:59pm	Lap Pool: 12:00-1:00am 3:00-5:30am 6:30am-11:59pm	Lap Pool: 12:00-1:00am 3:00am-11:59pm	Lap Pool: 12:00-1:00am 3:00am-11:59pm
Sport Pool: 1:00-5:30am 6:30-7:00am 8:00-8:30am 10:30am-4:00pm 6:45-11:00pm	Sport Pool: 1:00-9:00am 10:00-10:45am 11:30am-12:30pm Adult Swim 12:30-5:00pm 7:30-11:00pm	Sport Pool: 1:00-5:30am 6:30-7:30am 8:30-9:00am 10:00am-5:00pm 6:00-11:00pm	Sport Pool: 1:00-9:00am 10:00-10:45am 11:30am-12:30pm Adult Swim 12:30-4:15pm 5:30-6:00pm 7:00-11:00pm	Sport Pool: 1:00-5:30am 6:30-7:00am 8:00-8:30am 10:30am-11:00pm	Sport Pool: 1:00-7:15am 9:30-Noon 1:00-11:00pm	Sport Pool: 1:00-8:30am 9:30am-11:00pm
Warm Water Pool: 5:00-6:30am Adult Swim 7:15-8:00am Noon-2:00pm 2:00-3:00pm Adult Swim 3:00-5:30pm 6:30-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-8:00am Adult Swim 9:00-10:30am Noon-2:00pm 2:00-3:00pm Adult Swim 5:45-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-6:30am Adult Swim 7:15-8:00am Noon-2:00pm 2:00-3:00pm Adult Swim 3:00-4:00pm 6:30-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-8:00am Adult Swim 9:00-10:00am 11:30am-2:00pm 2:00-3:00pm Adult Swim 3:00-5:30pm 7:00-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-6:30am Adult Swim 7:15-8:00am Noon-2:00pm 2:00-3:00pm Adult Swim 3:00-4:00pm 5:30-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-8:00am Adult Swim 11:45am-4:00pm 4:00-6:00pm Adult Swim 6:00-9:00pm 9:00pm-3:00am Adult Swim	Warm Water Pool: 5:00-9:30am Adult Swim 10:30am-5:00pm 5:00-6:30pm Adult Swim 6:30-9:00pm 9:00pm-3:00am Adult Swim





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AquaticsSchedule

WINTER / SPRING 2020



AQUATIC CLASSES

Ai Chi: Flowing aquatic energy. Tai Chi in the water. Let the soothing waters strengthen your body and caress your spirit. Flowing, yet powerful progression combines deep breathing with slow broad movements using the entire body. This class is designed to reduce stress while improving flexibility and balance. (All Levels)

Aqua Bootcamp: Be ready for an all-out muscle-blasting experience. A more intense, demanding workout utilizing shallow and deep water. Emphasis on increasing cardiovascular endurance and strength.

Aqua Flow: This class includes Ai Chi (Tai Chi in the water) and other disciplines combining breathing techniques with gentle movement patterns to help you destress and increase balance, strength and range of motion. Relax and benefit from the meditative and soothing movement in the comfort of our Warm Water pool! Relieve stiffness and stress associated with Fibromyalgia, Chronic Fatigue, Arthritis & Parkinsons. (All levels)

Aqua Rhythm: Focus is on increasing cardiovascular endurance and maintaining good posture and body alignment while performing moves to the tempo of the music.

Aqua Waves: A more advanced level class. Includes walking, range of motion and strengthening exercises, progressing to a low to moderate intensity cardiovascular workout. Focus is on improving posture, balance, strength, range of motion and increasing cardiovascular endurance.

Aqua Zumba: A great low-impact option for those who cannot do Zumba land classes due to joint issues. Enjoy choreographed movement to Latin rhythms in the water while increasing cardiovascular endurance!

Cardio Sculpt: High energy water class filled with a mixture of calorie burning and muscle strengthening exercises! This class uses a variety of resistance equipment for toning and strengthening along with "cardio" activities. Entire pool may be utilized.

Gentle Joints: Arthritis Foundation Approved. A 45 minute beginning level class that includes water walking and a gentle exercise format. Focus is on increasing strength, range of motion and balance with minimal stress to the joints.

H2O Fun & Fitness: Have fun while you increase your overall fitness! This class provides cardiovascular, strength and toning exercises for all levels. Resistance equipment may be used to improve muscular strength and endurance, while doing shallow and deep H2O activities.

Joints Combo: A 1 hour class...the first 45 minutes is the GENTLE JOINTS format (see above description). The last 15 minutes may include Ai Chi, Pilates, or a gentle cardiovascular workout.

Joints in Motion: A 1 hour class...the first 45 minutes is the GENTLE JOINTS format (see above description). The last 15 minutes includes a gentle (low-impact) water aerobic workout to raise heart rate and improve cardiovascular endurance. Arthritis Foundation Approved. (Beginner to Intermediate Level)

Master's Swimming: This class is designed to increase your speed, endurance, and confidence going into your next race. Training with a group and the varied challenging workouts will help you achieve your goals while having fun. Racing at local Master's meets is available, but not required.

Pilates: Incorporates Pilates principles from land-based classes using concentration, control and centering to increase overall strength and balance.

Prenatal Aqua Fit: A mix of shallow and deep water exercises for all levels. Experience the benefits of exercise thereby decreasing stress on your joints and pelvis. Suitable for any trimester. Outdoors weather permitting, otherwise indoors. Register Online.



Deep H20: A moderate to high intensity workout in deep water using flotation belts. Increase your overall cardiovascular fitness and strength by performing a variety of moves with NO impact to the joints. A great class for runners/walkers who want to cross-train.

Deep H20 Arthritis: A deep water class designed to create a greater challenge to participants able to tolerate more activity than the standard Arthritis class format in the Warm Water Pool, with no impact to joints. MUST BE COMFORTABLE EXERCISING in DEEP H20 with a flotation belt. Taught by Arthritis Foundation certified instructors. Physician's authorization form required for regular participation. (Advanced Option)

Train2Tri: This workshop is designed for beginning triathletes who need some help preparing for the swim portion of their race. The 8 week course will cover all aspects of swim preparation including technique drills to help with efficiency and speed, workouts to help build swimming ndurance, open water swim practice and race strategies and tips. Most sessions will meet in the lap pool however we will also have a couple sessions in Lake Mendota (leaving from Marshall Park.) In addition to lot of individual feedback during our classes, each participant will also receive extra swim workouts to do on their own between sessions.

TriSwim: Workouts designed specifically to help triathletes improve their current race pace. Participants will use goal times/paces for accountability during the workouts. Technique instruction, race tips and strategies and team camaraderie are all included.

POOLS	SALT WATER	TEMPERATURE	LENGTH	WHIRLPOOL	POOL CLOSED <i>(Maintenance)</i>
Warm Water	X	90°F	48' x 28'	X	3:00-5:00am
Sport		85°F	26' x 64'	X	11:00pm-1:00am
Lap	X	81°F	4 lanes, 25 yds	X	1:00-3:00am
Outdoor		82°F			10:00pm-4:00am

