

Aquatics Schedule - May 26 - September 6, 2026

Welcome! Classes on this schedule are included in the Central Park Campus and Family Recreation Center memberships except as noted. Class and instructor schedule are subject to change. Not a member? Purchase a Daily Admission Pass at the Family Recreation Center Front Desk.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|-------------------------------------|--|--|--|-------------------------------------|--|--|--|--|--|-----------------------------|---|---------------------------|---|
| LAP | LEISURE | LAP | LEISURE | LAP | LEISURE | LAP | LEISURE | LAP | LEISURE | LAP | LEISURE | LAP | LEISURE |
| 5:30-9am Lap Swimming | 5:30-9am Self-Led Exercise | 5:30-8am Lap Swimming | 5:30-9am Self-Led Exercise | 5:30-9am Lap Swimming | 5:30-9am Self-Led Exercise | 5:30-8am Lap Swimming | 5:30-9am Self-Led Exercise | 6-7am Masters Swim Team | 5:30-9am Self-Led Exercise | 7-8:20am Lap Swimming | 7-8:20am Self-Led Exercise | 7-9am Lap Swimming | 7-9am Self-Led Exercise |
| | | 8-9am Fluid Running* | | | | 8-9am Fluid Running* | | | | | | | |
| 9-11am Swim Lessons | 9-9:50am Cardio Tone Kathy 🐾 | 9-9:50am HIIT Bootcamp Sheryl | | 9-11am Swim Lessons | 9-9:50am Aqua Bata Kathy 🐾 | 9-9:50am HIIT Bootcamp Sheryl | | | 9-9:50am Cardio Tone Shelly | 8:20am-12pm Swim Lessons | 8:20am-12pm Swim Lessons | 9-11:45am Swim Lessons | 9-11:40am Swim Lessons |
| | 10-10:50am Arthritis Therapy Kathy | 10-10:50am Arthritis Therapy Shelly | | | 10-10:50am Arthritis Therapy Kathy | 9-11am Swim Lessons | | 10-10:50am Arthritis Therapy Shelly | 10-10:50am Arthritis Therapy Shelly | 12-3:30pm Lap Swimming | 11-3:30pm Open Swim with Water Slide | 12-3:30pm Lap Swimming | 11-3:30pm Open Swim with Water Slide |
| | | 9-11am Swim Lessons | | | | | | 7am-8pm Lap Swim | 11-11:50am Aqua Low Impact Shelly | | | | |
| 11am-4pm Limited Lap Swimming | 11-11:50am Aqua Low Impact Shelly | 11am-4pm Limited Lap Swimming | 11-11:50am Aqua Low Impact Shelly | 11am-4pm Limited Lap Swimming | 11-11:50am Aqua Low Impact Shelly | 11-11:50am Aqua Low Impact Shelly | 11-11:50am Aqua Low Impact Shelly | | | | | | |
| | 11am-4pm Open Swim with Water Slide | 11am-4pm Open Swim with Water Slide | | | 11am-4pm Open Swim with Water Slide | 11am-4pm Open Swim with Water Slide | 11am-4pm Open Swim with Water Slide | | 11am-8pm Open Swim with Water Slide | | | | |
| 5-8pm Swim Team | 4-7:30pm Swim Lessons | 5-8pm Swim Team | 4-7:30pm Swim Lessons | 5-8pm Swim Team | 4-7:30pm Swim Lessons | 5-8pm Swim Team | 4-7:30pm Swim Lessons | | | | | | |
| 8-9pm Masters Swim Team | 7:30-9pm Open Swim | 8-9pm Masters Swim Team | 7:30-9pm Open Swim | 8-9pm Masters Swim Team | 7:30-9pm Open Swim | 8-9pm Masters Swim Team | 7:30-9pm Open Swim | | | | | | |

Swim Central will close at 4:30pm on Friday, July 10 and Friday, July 17, and at 10am on Saturday, July 25, for STARS swim meets.

Fees
 Non-Member Daily Fee: \$16
 Non-Member In-District Daily Fee: \$10

Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.

One lap lane available during swim lessons and swim team practices.

Activities

- Lap Swimming
- Fluid Running
- Self-Led Exercise
- Cardio Tone
- Aqua Bata
- Arthritis Therapy
- Aqua Low Impact
- Balance & Flexibility
- HIIT Bootcamp

*Not included in membership. Register online or in person drop in. 🐾 This class is limited to 30 participants.

Aquatic Class Descriptions

AquaBata: Challenge yourself with this aquatic combination of HIIT and Tabata style interval training. This is our most advanced class and is sure to get your heart rate up. *This class is limited to 30 participants.*

Aqua Low Impact: Using low impact moves focused on balance, posture, and mobility, participants can improve flexibility, increase muscle tone, increase cardiovascular endurance, enhance overall fitness, and have fun!

Arthritis Water Therapy: This water therapy class safely keeps your joints moving and improves your sense of well-being. Water is the ideal environment for relieving arthritis pain and stiffness; it allows you to exercise without putting excess strain on your joints and muscles. Class includes guidance from a trained and certified instructor.

Balance & Flexibility: A low-impact way to improve balance, strength and flexibility in the water, targeting specific muscles groups and promoting overall well being using specific aquatic equipment.

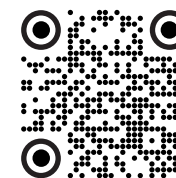
Cardio Tone: Use the pool as your fitness tool! Aqua Cardiotone is great exercise for people with beginning or advanced athletic skills. Learn water exercises for strength and conditioning of all the major muscle groups. Aerobic interval drills will improve athletic ability. Aqua Cardiotone is a fun and balanced water workout and is a refreshing addition to your fitness goals. *This class is limited to 30 participants.*

HIIT Bootcamp: This non-stop water fitness class is designed with functional movements to tone muscles and gain strength while working your upper body, core and legs. A high energy workout that includes the use of a variety of equipment as well as the natural resistance of the water.



Want a really good workout without hitting the pavement? Looking for a great cross-training alternative? This invigorating deep water running class will challenge your cardiovascular system, enhance your stamina and strength (arms, legs and core), and give you all the benefits of running without the impact. Each class will include a warm-up, moderate and intense interval work, and a cool-down. This class is not just for runners, and you don't have to know how to swim to do it! Flotation belts are provided. Heart rate monitors are recommended but not required.

Adult classes for ages 18+ yrs
Senior classes for ages 55+ yrs



For class times and more details, please scan the QR code.

Fluid Running Drop In Classes

Do you want to get a great Fluid Running workout but can't commit to a regular schedule? Fluid Running offers a drop-in program that allows you to pay as you go! No pre-registration required. Prior participation in a Fluid Running Class required. *Ages: 16+ yrs*

\$22 per visit, payable at the Family Recreation Center Front Desk.

Sensory Friendly Swims

Every 1st Wednesday of each month 7:30-9pm.

(Quiet and distraction free facility operations: no programming, no play features, music turned off to ensure calm and welcoming environment.)

