

Aquatics Schedule - August 10 - 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
5:30-8am Lap Swimming	5:30-9am Self-Led Exercise	5:30-8am Lap Swimming	5:30-9am Self-Led Exercise	5:30-8am 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	7am-3:30pm Lap Swimming	7-11am Self-Led Exercise	7am-3:30pm Lap Swimming	7-11am Self-Led Exercise
8-9am Fluid Running*		8-9am Fluid Running*		8-9am Fluid Running*		8-9am Fluid Running*		8-9am Fluid Running*					
9am-4pm Limited Lap Swimming	9-9:50am Cardio Tone Kathy 🐾	9-9:50am HIIT Bootcamp Sheryl	9-9:50am Balance & Flexibility Shelly	9am-4pm Limited Lap Swimming	9-9:50am Aqua Bata Kathy 🐾	9-9:50am HIIT Bootcamp Sheryl	9-9:50am Balance & Flexibility Shelly	9am-8pm Lap Swim	9-9:50am Cardio Tone Shelly				
	10-10:50am Arthritis Therapy Kathy	10am-4pm Limited Lap Swimming	10-10:50am Arthritis Therapy Shelly		10-10:50am Arthritis Therapy Kathy	10-10:50am Arthritis Therapy Shelly	10-10:50am Arthritis Therapy Shelly						
	11-11:50am Aqua Low Impact Shelly		11-11:50am Aqua Low Impact Shelly		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-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	Fees Non-Member Daily Fee: \$16 Non-Member In-District Daily Fee: \$10		Activities Lap SwimmingArthritis Therapy Fluid RunningAqua Low Impact Self-Led ExerciseBalance & Flexibility			
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	Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.					

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

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

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

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.

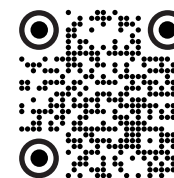
Cardio Tone: Use the pool as your fitness tool! Aqua Cardiotone is great exercise for people with beginning or advanced athletic skills. Learn water exercises for strength and conditioning of all the major muscle groups. Aerobic interval drills will improve athletic ability. Aqua Cardiotone is a fun 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.)

