

BREMERTON TENNIS & ATHLETIC CLUB

Pool Schedule

Effective January 2, 2012

Pool Hours: Mon-Thurs 5:30am-9:30pm Fri 5:30am-7:30pm Sat 7:30am-5:30pm Sun 9:00am-5:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Lap 5:30-8:30am	Adult Lap 5:30-8:30am	Adult Lap 5:30-8:30am	Adult Lap 5:30-8:30am	Adult Lap 5:30-8:30am	
						Adult Lap 7:30-9:00am
Adult Lap 9:00-10:00am	AquaZumba® 8:30-9:30am Priscilla	AquaSplash Challenge 8:30-9:30am Misty	AquaZumba® 8:30-9:30am Priscilla	Into The Deep 8:30-9:30am Debbie	AquaSplash Challenge 8:30-9:30am Misty	Into The Deep 9:00-10:00am Debbie
Open Swim 10:30am – 5:30 pm	Adult Lap/Open 9:30-11:00am	SilverSplash® 9:50-10:50am Misty	Adult Lap/Open 9:30-11:00am	Adult Lap/Open 9:30-11:00am	SilverSplash® 9:50-10:50am Misty	Open Swim 10:00am-5:30pm
	Open Swim 11:00-12:00pm	Open Swim 11:00-12:00pm	Open Swim 11:00-12:00pm	Open Swim 11:00-12:00pm	Open Swim 11:00-12:00pm	
	Adult Lap 12:00-1:00pm	Adult Lap 12:00-1:00pm	Adult Lap 12:00-1:00pm	Adult Lap 12:00-1:00pm	Adult Lap 12:00-1:00pm	
	Open Swim 1:00-6:30pm	Open Swim 1:00-5:30pm	Open Swim 1:00-3:30pm	Open Swim 1:00-5:30	Open Swim 1:00-7:30pm	
			OAC 3:30-5:20pm 1 lane open			
		Cardio Power 5:30-6:30pm Paul	Cardio Power 5:30-6:30pm Shana BTAC Pre Comp Swim 5:30-6:30pm Begins 1/10/12 (2 Lanes)	Cardio Power 5:30-6:30pm Paul		
	Swim Lessons 6:30-7:30pm	BTAC Pre Comp Swim 6:30-7:30pm Begins 1/10/12 (2 Lanes)	Swim Lessons 6:30-7:30pm	Open Swim 6:30-9:30pm		
	Open Swim 7:30-9:30pm	Open Swim 6:30-9:30pm	Open Swim 7:30-9:30pm			

Aquatic Fitness Class Descriptions

AQUASPLASH CHALLENGE: 60 minute all level class focused on cardio training (interval or endurance) primarily in the shallow water, but can be adapted for the deep participant. Work out may incorporate choreography combinations, power moves, stations, muscular strength and endurance moves and various types of equipment.

CARDIO POWER: You asked for it-we have it! A 60 minute multi-level cardiovascular focused class utilizing the shallow and deep water. This class is excellent for the fitness buff up for the challenge the water has to offer. The challenge is a minimum of 50 continuous cardio minutes for the individual not afraid to get a little wet!

INTO THE DEEP: This 60 minute multi-level class will utilize slow, medium and power paced exercises in deep water wearing buoyancy belts. (No swimming ability required.) This non-weight bearing environment is ideal for those with lower body joint concerns and those who want a solid all encompassing fitness class. Featuring cardiovascular endurance, strengthening moves for upper and lower body, improved flexibility, and core stabilization to improve balance. This class is for all fitness levels and ages.

SILVERSPLASH®: Activate your aqua exercise urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve stability, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Aqua ZUMBA®: This class is a pool party workout for all ages. The movements are challenging and you can really feel the muscles working against the resistance of the water.