

WEATHER POLICY

If there is an electrical storm in the area, the indoor & outdoor pools will be closed.



- The Parks and Recreation Department follows the **American Red Cross & National Lightning Safety Institute** guidelines for weather.
- There will be a 30 minute waiting period from the last sight of lightning or sound of thunder.
- Swim Lessons that are cancelled due to weather will be rescheduled.

Land & Water Fitness class winter weather policy:

- If Woodford Co. School is cancelled or delayed, all land & water fitness classes scheduled **before 9 AM** are cancelled. If school has early release due to weather, there will be **NO** evening land or water fitness classes.
- Registration fitness classes that are cancelled will be made up at a later date. Cancellations will also be posted on our website (www.vwcparksrec.com), Facebook page & on local TV stations as necessary.

If you are ever unsure of class status due to weather conditions, please call the Center at 873-5948 at least 30 minutes prior to class to check for cancellations.

POOL CLOSINGS

Please note that the indoor pools will be closed on the following dates and times:

May 28: Memorial Day
Indoor Facilities Closed, Outdoor Pool Opens!

July 4: Independence Day
Indoor Pools closed

Sept. 1: Kids Triathlon
Indoor Pools closed 7-10:30 AM

Sept. 3: Labor Day
Indoor Facilities Closed, Last Day for the Outdoor Pool!



If you have any questions, please contact Tefany Bleuel, Fitness & Aquatics Manager, at 859.873.5948 x 227 or tbleuel@vwcparksrec.com.

CLASS DESCRIPTIONS

AQUA FLEX — All over, all around good workout! Focusing on strengthening your core and working your way out to strong arms, legs and back! You're gonna feel this one!

AQUATIC THERAPY — Using the warm water in the therapy pool this class gently leads you through flexibility, strengthening, lengthening exercises to increase your range of motion and improve stability.

CARDIO BOOTCAMP — Not your average water aerobics class! Working hard in the water has never been so fun! A mix of target moves that will whittle your waist, get that blood flowing and shed those calories! Awesome Cardio, coming your way!

DIVIDE CONQUER — Shallow water? Deep water? You decide! This class uses the same workout in both depths so you can get the workout you want!

HOT H2O — If you want something new, something different and something challenging, join us for this lap lane workout! This class has it all - cardio, strength & endurance - but without the impact! Tone up, trim down & muscle up, all at your own pace!

HYDRO HITT — Let's H.I.I.T. it! Using the High Intensity Interval Training techniques take you to a whole other level. Push yourself to try something challenging but still easy on the joints! Come give it a try, you'll be glad you did!

LIQUEFY- Strength, Kickboxing, Barre and Stretching will keep your body energized! Try this new interval class for optimal calorie burn!



SHORT CIRCUIT — Combining different types of resistance to help strengthen your core as well as all over toning and stretching. Moving through warm water circuits will give you a workout you have never before experienced.

TONING BOOTCAMP — This class uses buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water.

TONING BOOTCAMP — This class uses buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water.

TOTALLY FIT H2O — This new class offers something for everyone! Challenge you mind, body and soul! Using the entire pool for your workout you will have to expect the unexpected! Every class is different, new and exciting! All levels welcome but be prepared to work!

WEEKENDER — Mix it up a little! Instructors rotate week to week to give you something fresh every Saturday! You're sure to get a great workout!

MAKE A SPLASH!

EFFECTIVE 5.29.18



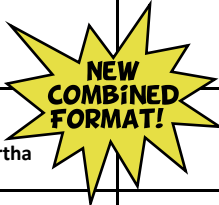
WATER FITNESS CLASS SCHEDULE

FALLING SPRINGS
CENTER
MORE THAN JUST A GYM

WATER FITNESS CLASS SCHEDULE

SUMMER
EFFECTIVE 5.29.18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30 AM DIVIDE & CONQUER Ann		7:30 AM DIVIDE & CONQUER Ann		
8:30-9:15 AM HYDRO-HITT Ann		8:30 AM TONING BOOTCAMP Susan		8:30 AM LIQUEFY Rotates - Susan/Martha	
9:15-10 AM AQUA FLEX Ann	9-10 AM TOTALLY FIT H2O Tina	9:15 AM CARDIO BOOTCAMP Susan	9-10 AM TOTALLY FIT H2O Tina		9:00 AM WEEKENDER Rotation
9:00 AM AQUATIC THERAPY *Therapy Pool	9:00 AM SHORT CIRCUIT *Therapy Pool	9:00 AM AQUATIC THERAPY *Therapy Pool	9:00 AM SHORT CIRCUIT *Therapy Pool		
	6pm LIQUEFY Susan		6pm LIQUEFY Susan		



INDOOR POOL HOURS
MON - FRI:
5:30 AM - 8:30 PM
SATURDAY:
7 AM - 6:30 PM
SUNDAY:
10 AM - 6:30 PM

CHILDCARE
MONDAY - FRIDAY
8 AM - 12 PM
4 PM - 8 PM
SATURDAY
8 AM - 12 PM

CHECK OUR LAP LANE SCHEDULE
Be sure to pick up a Lap Lane Schedule for lap lane availability, including when swim teams & swim lessons are in the lap pool or when the therapy pool will be used for swim lessons.

TOTALLY FIT H2O: a fun, innovative class!
Check out this new class that offers something for everyone! Using the entire pool for your workout you will have to expect the unexpected!
EVERY CLASS IS DIFFERENT, NEW & EXCITING!

- * See Reverse for class descriptions
- * A chair lift is available for use in the Therapy Pool & the Lap Pool. If you would like to use the lift in the lap pool, please call ahead & we'll be happy to move the chair for you.



PLEASE NOTE, CLASSES EXPERIENCING LOW ATTENDANCE OVER A PERIOD OF TIME WILL BE CANCELLED.
THIS SCHEDULE IS SUBJECT TO CHANGE.

