

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

The pools will be closed the following days and/or times as follows:

- Jan 12 Iron Swimmer Meet - Pools closed all day
- Jan 9 WCHS Swim Meet - Pools close at 4 PM
- Jan 16 WCHS Swim Meet - Pools close at 4 PM
- Jan 23 WCHS Swim Meet - Pools close at 4 PM
- Feb 6-9 Regional Swim Meet - Pools closed all day
- Apr 20 Heart & Sole Triathlon - Pool closed 7-11 AM
- Ap 21 Easter - Falling Springs Closed

If you have any questions, please contact Tefany Bleuel, Fitness & Aquatics Manager
Phone: 859.873.5948 x 4814
Email: 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!

HYDRO HIIT - 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!

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.

SURF-N-TURF - A water workout like you've never experienced before. This class will constantly challenge you with intervals, stations in and out of the water. You can wear regular workout clothes, bring a clean pair of shoes that can get wet (or aqua-shoes). Intense class but will have modifications to fit every level.

NEW CLASS!

TONING BOOTCAMP - This class uses buoyant aquatic equipment to help tone your upper & 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!



AQUATIC GROUP FITNESS SCHEDULE



COME ON IN...

THE WATER'S WARM!



UPDATED 1.22.19

WATER FITNESS CLASS SCHEDULE

WINTER
UPDATED 1.22.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 AM Hydro-HITT Ann	7:30 AM Divide & Conquer Ann				
8:30 AM Aquatic Therapy <i>*Therapy Pool</i>		8:30AM SURF N TURF Kristin		8:30 AM Totally Fit H2O Susan	
9:15-10 AM Aqua Flex Ann	9-10 AM Totally Fit H2O Tina		9-10 AM Totally Fit H2O Tina		
9:30 AM Aquatic Therapy <i>*Therapy Pool</i>	9:00 AM Short Circuit <i>*Therapy Pool</i>	9:00 AM Aquatic Therapy <i>*Therapy Pool</i>	9:00 AM Short Circuit <i>*Therapy Pool</i>		



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..

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

CHECK-IN & CHECK US OUT!

Fitness & Aquatics are now utilizing the REMIND app! Sign up today to get notifications on weather cancellations or last minute schedule changes! Just download REMIND to your smartphone and sign up for FS Water GROUP FITNESS notifications! Questions? Contact the office!

* 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.

