

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 for swim meets & holidays:

Mar 6-7	Swim Meet	Pools closed all day
April 18	Heart & Sole Tri	Pools closed till 12 PM
May 25	Memorial Day	Indoor Pools closed, Splash Pool Open
July 4	Independence Day	Indoor Pools closed, Splash Pool Open

CLASS DESCRIPTIONS

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.

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!

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.

S'WET - New class format incorporating water resistance with strength training, cardio kickboxing & core work. This class will get you S'Wetting!

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!

If you have any questions, please contact
Tefany Bleuel, Fitness & Aquatics Manager
Phone: 859.873.5948 x 4814
Email: tbleuel@vwcparksrec.com



AQUATIC GROUP FITNESS SCHEDULE



COME ON IN...

THE WATER'S WARM!



UPDATED 2.11.20

WATER FITNESS CLASS SCHEDULE

WINTER
UPDATED 2.11.20


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 AM S'Wet Martha					
8:30AM Aquatic Therapy <i>*Therapy Pool</i>	9:00 AM Totally Fit H2O Tina		9:00 AM Totally Fit H2O Tina		
9:30AM 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..

   **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!

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

- * 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 the Aquatics office before you come. We'll be happy to move the chair for you. You can reach the Aquatics office at 859.873.5948.

