

Costick Pool Schedule | September 2 - December 12 | Pool Closed November 27-30 | Subject To Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY			
Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a		Open Swim 6:30a-7:55a						
Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Lap Swim 8:00a-8:55a		Modified Swim 7:30a-8:55a				
Beth Water X 9:00a-9:55a		Ruth Deep Water X 9:00a-9:55a	Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a		Beth Deep Water X 9:00a-9:55a	Shallow Water Walking 9:00a-9:55a	Janeen Water X 9:00a-9:55a		Ruth Water X 9:00a-9:55a				
Beth Senior Water X 10:00a-10:55a		Ruth Senior Water X 10:00a-10:55a		Janeen Senior Water X 10:00a-10:55a		Beth Senior Water X 10:00a-10:55a		Janeen Senior Water X 10:00a-10:55a						
Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a		Senior Open Swim 11:00a-11:55a						
Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Modified Swim 12:00p-12:55p		Open Swim 12:00p-12:55p		Modified Swim 12:30p-1:25p	Modified Swim 12:30p-1:25p			
Modified Swim 1:00p- 1:55p		Ruth Senior Water X 1:00p-1:55p	Senior Deep Water Walking 1:00p-1:55p	Modified Swim 1:00p-1:55p		Janeen Senior Water X 1:00p-1:55p	Senior Deep Water Walking 1:00p-1:55p	Modified Swim 1:00p- 1:55p			Women's Only 1:30p-2:25p			
Senior Open Swim 2:00p-2:55p		Ruth Senior Arthritis X 2:00p-2:55p	Senior Deep Water Walking 2:00p-2:55p	Senior Open Swim 2:00p-2:55p		Ruth Senior Arthritis X 2:00p-2:55p	Senior Deep Water Walking 2:00p-2:55p	Senior Open Swim 2:00p-2:55p			Women's Only 2:30p-3:25p			
Open Swim 3:00p-3:55p		Modified Swim 3:00p-3:55p		Modified Swim 3:00p-3:55p		Modified Swim 3:00p-3:55p		Open Swim 3:00p-3:55p			Women's Only 3:30p-4:25p			
Modified Swim 4:00p-4:55p				Modified Swim 4:00p-4:55p							<u>No Women's Only Swim:</u>			
Janeen Senior Water X 5:00p-5:55p	Senior Deep Water Walking 1:00p-1:55p			Debbie Senior Water X 5:00p-5:55p	Senior Deep Water Walking 1:00p-1:55p									
Janeen Water X 6:00p-6:55p	Modified Swim 6:00p-6:55p			Fana Water Dance 6:00p-6:55p	Deep Water Walking 6:00p- 6:55p							Debbie Deep Water X 6:00p-6:55p		
		Lap Swim 8:00p-9:55p				Lap Swim 8:00p-9:55p								

OPEN SWIM	MODIFIED SWIM	LAP SWIM	WATER AEROBICS	WATER WALKING	SENIOR OPEN SWIM	SENIOR EXERCISE	SENIOR MODIFIED SWIM	SENIOR WATER WALKING	WOMEN'S ONLY
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PRICING RESIDENT NON-RESIDENT	SINGLE VISIT R NR	10 VISIT PUNCH CARD R NR	POOL RULES TO KNOW (ALL POOL RULES ARE POSTED IN POOL AREA)
OPEN/ LAP/ MODIFIED WOMEN'S ONLY/WATER WALKING	\$3.00 \$6.00	\$25.00	<ul style="list-style-type: none"> No food or drink on deck (Exceptions for water. Must NOT be a GLASS container) No outside shoes on deck (Deck shoes or sandals NOT worn outside are appropriate) Shower before entering water. (Must be visibly wet before you can enter pool water) Wear Proper Swim Attire (i.e. bathing suits, active gear NOT made of cotton material)
SENIOR OPEN/ SENIOR WATER WALKING	\$1.75 \$2.75	\$15.75 \$24.75	
SENIOR ARTHRITIS	\$2.25 \$3.50	\$20.25 \$31.50	
SENIOR WATER X	\$2.25 \$3.50	\$20.25 \$31.50	
ADULT WATER X	\$6.00 \$8.00	\$60.00 \$80.00	

CLASS DESCRIPTIONS

OPEN SWIM

During **OPEN SWIM** the entire pool area is available to swimmers. This is a great time for families or anyone who wants to take a casual dip in the pool. In addition to the shallow and deep end, two lap lanes are available.

LAP SWIM is a designated time for lap swimming only (utilizing circle swimming). A great time for swimmers to practice, work on cardio, or record their number of laps.

During **MODIFIED SWIM** the pool is being used for other scheduled programming (i.e swim lessons/classes). There is usually limited space at this time. Often this time includes ***DEEP WATER WALKING***.

WOMEN'S ONLY SWIM sessions are designated for female participants only, with the exception of children 5 years of age and under.

SENIOR AQUATICS

SENIOR OPEN SWIM is a designated swim session for Seniors Only. The entire pool is reserved for Seniors to swim casually or workout.

SENIOR ARTHRITIS X is a fun, athletic approach to water fitness training with a focus on managing arthritis. This is an all-inclusive workout utilizing a variety of equipment. Swimming is not a required skill. Participants must be comfortable in water.

SENIOR WATER X is a fun water fitness training session for Seniors. This class will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water.

SENIOR DEEP WATER X is an enjoyable way to slim down and shape up with little to no impact to your joints. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

SENIOR WATER WALKING is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. * Shallow or Deep availability is contingent on corresponding Water X classes. This program is only available during Senior programming.

WATER AEROBICS

ADULT WATER X will combine aerobic conditioning, strength training, muscular endurance, and flexibility. Swimming is not a required skill. Participants must be comfortable in water.

WATER WALKING is a new addition to our program. Patrons are allowed to exercise or water walk independently in either the shallow or deep end of the pool. * Shallow or Deep availability contingent on coinciding Water X class.

DEEP WATER X class will cover aerobics using natural resistance, weight training, and an abdominal/core body workout. Swimming is not a required skill. Participants must be comfortable in 6-10 feet of water *with flotation assistance*.

WATER DANCE is an instructor-led high-energy workout utilizing the natural resistance of water while moving to the beat. This class involves 45-50 minutes of intense cardio burn using dance inspired moves. Swimming is not a required skill. Participants must be comfortable in water.