

HUTCHINS STREET SQUARE

Pool Schedule

Aquatics Coordinator Kim McClelland (209) 333-6800 Ext. 2041

Swimming Pool (209) 333-5510 or (209) 369-6921

125 S. Hutchins Street

Lodi, CA 95240

(The pool temperature is 84-88 degrees as recommended by the Arthritis Foundation.)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Lap Swim 6:00-7:50 AM	Lap Swim 6:00-7:50 AM	Lap Swim 6:00-7:50 AM	Lap Swim 6:00-7:50AM	Lap Swim 6:00-7:50 AM	Lap Swim 6:00-7:50 AM
Conditioning 8:00-8:55 AM 9:00-9:55 AM	Conditioning 8:00-8:55 AM 9:00-9:55 AM	Conditioning 8:00-8:55 AM 9:00-9:55 AM	Conditioning 8:00-8:55 AM 9:00-9:55 AM	Conditioning 8:00-8:55 AM 9:00-9:55 AM	Conditioning 8:00-8:55 AM
Seniors/Disabled 10:00-11:30 AM (lane ropes)	Seniors/Disabled 10:00-11:30 AM (no lane ropes)	Seniors/Disabled 10:00-11:30 AM (lane ropes)	Seniors/Disabled 10:00-11:30 AM (no lane ropes)	Seniors/Disabled 10:00-11:30 AM (lane ropes)	Fluid Moves 9:00-9:50 AM
Lap Swim 11:30-12:45 PM	Lap Swim 11:30-12:45 PM	Lap Swim 11:30-12:45 PM	Lap Swim 11:30-12:45 PM	Lap Swim 11:30-12:45 PM	Baby and Me! 10:00-11:00 AM
Camp Hutchins 1:00-2:00 PM <u>(Not open to public)</u>	*Baby and Me! 1:00-1:50 PM	Camp Hutchins 1:00-2:00 PM <u>(Not open to public)</u>	*Baby and Me! 1:00-1:50 PM	Camp Hutchins 1:00-2:00 PM <u>(Not open to public)</u>	Swim Lessons 10:00-11:00 AM
Arthritis 2:00-2:45 PM	*Arthritis <i>PLUS!</i> 2:00-2:50 PM	Arthritis 2:00-2:45 PM	*Arthritis <i>PLUS!</i> 2:00-2:50 PM	Arthritis 2:00-2:45 PM	Family Swim 11:00-2:00 PM
Conditioning 3:00-3:55 PM	*Seniors/Disabled 3:00-4:00 PM (no lane ropes)	Conditioning 3:00-3:55 PM	*Seniors/Disabled 3:00-4:00 PM (no lane ropes)	Conditioning 3:00-3:55 PM	Private Party Rentals Available 2-4 PM or 4-6 PM
Family Swim 4:00-4:55 PM	Arthritis 4:15-5:00 PM	Family Swim 4:00-4:55 PM	Arthritis 4:15-5:00 PM	Family Swim 4:00-9:00 PM (\$2.00 per person)	
Conditioning 5:00-5:55 PM	Fluid Moves 5:10-5:50 PM	Conditioning 5:00-5:55 PM	Fluid Moves 5:10-5:50 PM		
Cardio Challenge 6:00-7:00 PM	Cardio Challenge 6:00-7:00 PM	Cardio Challenge 6:00-7:00 PM	Cardio Challenge 6:00-7:00 PM		
Lap Swim 7:00-7:55 PM	Swim Lessons 6:00-7:55 PM	Lap Swim 7:00-7:55 PM	Swim Lessons 6:00-7:55 PM		

* Begins Tuesday, Sept. 13

Class descriptions on back.

PLEASE... in order to maintain a quality program and for the consideration of others we kindly ask that you participate in the class or activity you are attending.

The pool temperature is 84-88 degrees as recommended by the Arthritis Foundation.

AQUATIC FITNESS CLASS DESCRIPTIONS

No registration required for fitness classes or Baby & Me.

ARTHRITIS PLUS: If you want MORE from your Arthritis class, this **NEW** 50 minute class will definitely meet your needs. Includes range of motion, stretching and “core” strengthening that we love but goes a step beyond for those of you who are able to safely add low impact aerobics to your fitness routine. This may be the *PLUS* you’re looking for!

ARTHRITIS: 45 minutes of NO IMPACT exercises to meet the physical needs of those with arthritis, recovering from injuries or surgery and also appropriate for anyone new to exercise. Instructors are trained and certified by the Arthritis Foundation.

CONDITIONING: Learn all the basic moves and how to safely use the equipment during this moderate 55 minute work-out. Grow in your experience through the various modifications to improve balance and flexibility. A perfect class for those of all fitness levels and ages.

CARDIO CHALLENGE: A high intensity work-out for the aerobically fit individual looking for the right combination of cardiovascular, muscle strengthening and overall endurance training. Guaranteed to leave you breathless!

BABY & ME: 0-4 and their guardian will adjust to the water in a safe, fun atmosphere. Instructors share teaching techniques to make this new experience a happy one. (\$8 per class.)

FLUID MOVES: A combination of Yoga, Tai Chi and Pilates result in a relaxing work-out “to soothe your soul”. Appropriate for all body types and fitness levels.

REGISTRATION FOR SWIM LESSONS, LIFEGUARD TRAINING, BASIC WATER RESCUE, TITLE 22 OR CPR; www.lodiarts.org or in person at Hutchins Street Square Division of Arts and Culture 125 S. Hutchins St. Lodi OR Parks and Recreation 125 N. Stockton St. Lodi

CPR RECERTIFICATIONS OR INFORMATION ON POOL PARTIES or RENTALS. (209) 369-6921 OR contact Aquatics Coordinator.

POOL RULES

- **PLEASE** shower **THOROUGHLY** prior to entering pool.
 - Swim caps required for all swimmers.
 - For your safety, bring **CLEAN** aqua shoes for use in the pool and shower.
 - Children 12 years and younger must be accompanied by a responsible adult.
- Children attending classes must be accompanied by an adult and actively participating in class.
 - **PLEASE...NO PERFUMES OR COLOGNE.**

POOL USE FEES

60+/Permanently Disabled/Children 2-17: \$2.50 per day
\$25 for 15 visit pass.

Adults 18-59: \$3.75 per day
\$43 for 15 visit pass.

(Passes need not be purchased in advance. A volunteer or lifeguard will be happy to help you prior to your first class.)