

Resident Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00- 7:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed
8:00- 8:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00- 9:45	Aqua Fit	Open Swim	Aqua Fit	Open Swim	Aqua Fit	Open Swim
10:00- 10:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Volleyball
11:00- 11:45	Joints in Motion	Open Swim	Joints in Motion	Open Swim	Joints in Motion	Volleyball
1:00- 1:45	Open Swim	Tai Chi	Open Swim	Walkercise	Open Swim	Closed
2:00- 2:45	Open Swim	Volleyball	Open Swim	Volleyball	Open Swim	Closed
3:00- 3:45	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed

CLASS INFORMATION

Class Levels:

Open Swim

Low Intensity

Moderate Intensity

High Intensity

Contact Information:

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Class Descriptions

Aqua Fit - High intensity; this class challenges participants with a combination of exercises. This class is designed to help improve both muscular strength and cardiovascular endurance.

Aqua Walkercise – Moderate intensity; let's go for a walk! If you are looking to add some more movement into your day and go for a walk in the pool, this is the class for you! In this class participants will spend time engaging in various styles of walking.

Joints in Motion - Low intensity; instructors lead participants through a series of exercises designed to improve range of motion, flexibility, balance, and overall muscle strength. This class is designed to help relieve pain and stiffness.

Open Swim - This is a time to come and do your own thing! Swim, walk, exercise, and relax in the spa! Lap swimming is available. The pool opens early for your convenience. Open to residents and community members.

Tai-Chi Aquatics - Moderate intensity; Tai Chi Aquatics is a form of aquatic exercise that incorporates the gentle and flowing movements of Tai-Chi. This class is beneficial for recreation, relaxation, fitness, and physical wellness.

Volleyball - Moderate intensity; weekly volleyball games are friendly, competitive and fun.

