

Resident Pool Schedule

M	T	W	Th	F	Sa
Open Swim 7:00 - 9:00 am	Open Swim 7:00 am - 12:00 pm	Open Swim 7:00 - 9:00 am	Open Swim 7:00 am - 12:00 pm	Open Swim 7:00 - 9:00 am	Open Swim 8:00 - 10:00 am
Aqua Fit 9:00 - 9:45 am		Aqua Fit 9:00 - 9:45 am		Aqua Fit 9:00 - 9:45 am	
Joints in Motion 10:00 - 10:45 am		Joints in Motion 10:00 - 10:45 am		Joints in Motion 10:00 - 10:45 am	
Open Swim 11:00 - 12:00 pm <i>Staffed Hours</i>		Open Swim 11:00 - 12:00 pm <i>Staffed Hours</i>		Open Swim 11:00 - 12:00 pm <i>Staffed Hours</i>	Open Swim 11:00 - 12:00 pm <i>Staffed Hours</i>
Pool Closed from 12:00 - 1:00 pm		Pool Closed from 12:00 - 1:00 pm		12:00 pm Pool Closed	
Smart Moves 1:00 - 1:45 pm	Tai- Chi 1:00 - 1:45 pm	Open Swim 1:00 - 2:00 pm <i>Staffed Hours</i>	Walkercise 1:00 - 1:45 pm	Open Swim 1:00- 4:00 pm	
Open Swim 2:00 - 4:00 pm	Volleyball 2:00 - 3:15 pm	Open Swim 2:00 - 4:00 pm	Volleyball 2:00 - 3:15 pm		
	Open Swim 3:15 - 4:00 pm		Open Swim 3:15 - 4:00 pm		
4:00 pm Pool Closed	4:00 pm Pool Closed	4:00 pm Pool Closed	4:00 pm Pool Closed	4:00 pm Pool Closed	

Class Levels:

Open Swim
 Low Intensity
 Moderate Intensity
 High Intensity

Contact Information:

Pool Office: 717-581-3998

Wellness Office: ext. 3084

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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.

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 or relax in the spa! Lap swimming is available.

Smart Moves – Low intensity; This class is geared towards individuals with movement disorders such as Parkinson's, Multiple Sclerosis, early dementia, and stroke recovery. The class is designed to maintain functional movements and work to regain strength and balance. Class is 30 minutes and ends with 15 minutes of games and fun. Spouses and caretakers are also welcome.

Staffed Hours - This is a time when there are two lifeguards in the pool area. If you are unsure about getting in the pool and prefer to have a lifeguard nearby in the water, this is a great time for you to come use the pool. You can also use this time to come and do your own thing! Swim, walk, exercise or relax in the spa! Lap swimming is available.

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!

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.

