

KINGSBURY CLUB POOL SCHEDULE - Fall 2021 (Effective September 13 - November 27)

Please note: No reservations required for Free Swim. Reservations still required for Lap Lanes and Aqua Classes. Lap Swim is available in the lap pool from opening to close. At least two lap lanes available throughout the day.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	
5:00															
5:30			Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2					Closed	Closed	Closed	Closed
6:00					Kingfish Swim Team (1.75 hours) 2				Kingfish Swim Team (1.75 hours) 2						
6:30															
7:00		Hydro Therapy Joel (1 hour) 0	Aqua Sport Heidi (.75 hr) 4					Aqua Fusion Heidi (.75 hr) 4			Hydro Therapy Joel (1 hour) 0				
7:30											Masters 18+ (1 hour) 2				
8:00															
8:30					Aqua Jog Paula (1 hour) 4										
9:00															
9:30				Swim Lessons (1.5 hours)	Masters 18+ (1 hour) 2	Swim Lessons (2 hours)		Swim Lessons (2 hours)	Masters 18+ (1 hour) 2						
10:00		Swim Lessons (1 hour)										Swim Lessons (2.5 hours)			
10:30									Senior Swim (1 hour) 4	Senior Swim (1 hour) 0					
11:00			Senior Swim (1 hour) 4	Senior Swim (1 hour) 0											
11:30															
12:00															
12:30															
1:00															
1:30															
2:00															
2:30															
3:00															
3:30												Youth Triathlon (1 hour) 2			
4:00	Pre-Season Clinic (1 hour) 2	Swim Lessons (3 hours)	Pre-Season Clinic (1 hour) 2	Swim Lessons (3 hours)	Kingfish Swim Team (4 hours) 2	Swim Lessons (3 hours)	Pre-Season Clinic (1 hour) 2	Swim Lessons (3 hours)	Pre-Season Clinic (1 hour) 2						
4:30															
5:00	Kingfish Swim Team (3 hours) 2		Kingfish Swim Team (4.5 hours) 2				Kingfish Swim Team (4.5 hours) 2		Kingfish Swim Team (3 hours) 2					Kingfish Swim Team (2 hours) 2	
5:30															
6:00															
6:30															
7:00															
7:30							Masters 18+ (1 hour) 2								
8:00	Masters 18+ (1 hour) 2														
8:30															
9:00												Closed	Closed	Closed	Closed

POOL HOURS: Mon - Fri 5am to 9pm
Sat/Sun 6am to 8pm

LAP POOL: There are always two lap lanes available for swimmers;
MULTI-PURPOSE POOL: the pool is closed when a class is in session
otherwise lanes are open for free swim

4 = Lap lanes open during classes

AQUATICS CLASSES

Aqua Fusion

This aqua class utilizes aqua bells to provide a low impact workout using drag resistance training. Resistance is created while carrying out a variety of exercise tempo's to target a full body workout, keeping joints healthy and reducing the risk of injury. Working opposing muscle groups is the goal to help achieve muscle balance and symmetry.

Aqua Jogging

Learn how to use the The AquaJogger® buoyancy belt to improve fitness without impact and weight bearing limitations. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely while performing a wide variety of water exercises. Class will also include a general introduction to water fitness and the various equipment used in aqua classes. Participants should be comfortable in deep water. This class is appropriate for adults of all ages and fitness levels.

Aqua Sport

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

Hydro Therapy Training

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

Masters Swim

The Masters program is for adults of all swimming abilities looking for a great swim workout. These coached workouts will improve your overall conditioning as well as help with your stroke mechanics.

Swim Lessons

The swim lesson program is designed in order to teach safety awareness around the water, while building a strong, efficient swimmer who enjoys the water for both fitness and recreation. Leveling is based on ability and age. Group, Private, and Semi-Private lessons are available.

Youth Triathlon

Our Youth Triathlon program is an excellent opportunity for kids who are interested in competing in the sport of triathlon to learn the fundamentals. With three sports the triathlon program offers kids an opportunity to acquire a variety of skills while also learning goal-setting, confidence, and self-discipline.