

KINGSBURY CLUB POOL SCHEDULE - WINTER/SPRING 2019 (effective February 25)

| | 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+ Chris 2 | | Kingfish Swim Team 2 | | Masters 18+ Chris 2 | | Kingfish Swim Team 2 | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | Aqua Sport Soraya 4 | | | | Aqua Sport Soraya 4 | | | | Masters 18+ Chris 2 | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9:00 | | | | Youth Swim Lessons 0 | | | Youth Swim Lessons 0 | | Masters 18+ Chris 2 | | | Youth Swim Lessons 0 | | Kingfish Swim Team 2 |
| 9:30 | | | | | | | | | | | | | | |
| 10:00 | Senior Swim 65+ Karen 0 | | | | | | | | Senior Swim 65+ Soraya 0 | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | |
| 3:30 | Teen Fitness Swim 2 | | | | Teen Fitness Swim 2 | | Teen Fitness Swim 2 | | | | | | | |
| 4:00 | | Youth Swim Lessons 0 | | | | Youth Swim Lessons 0 | | Youth Swim Lessons 0 | | | | | | |
| 4:30 | Kingfish Swim Team 2 | | Kingfish Swim Team 2 | | Kingfish Swim Team 2 | | Kingfish Swim Team 2 | | Kingfish Swim Team 2 | | | | Kingfish Swim Team 2 | |
| 5:00 | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:30 | | | Kingfish Swim Team 2 | | | | Kingfish Swim Team 2 | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | Masters 18+ Chris 2 | | | | Masters 18+ Chris 2 | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | |

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

4 = Lap lanes open during classes
 ? = Partial Closure: Please ask lifeguard for pool availability

AQUATICS CLASSES

Aqua Fit

This moderately paced class utilizes the shallow and deep ends of the pool and a variety of pool equipment to offer a more traditional aerobics class. Class is comprised of a warm up, simple choreography moves, and varied strength and toning sequences resulting in a complete body workout.

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.

Teen Fitness Swim

Fitness Swim for Teens is the perfect class to get in a great swimming workout outside of the competitive team structure. Perfect for those looking to get in a great lap swimming workout or for High School swimmers looking to stay in shape in the off season. Class will include some technique work but will mainly focus on general conditioning. Swimmers must have a basic understanding and proficiency in all 4 competitive strokes.

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.

Senior Swim (65+)

Senior Swim is a shallow water workout with [gentle] low impact cardio movements as well as full body conditioning exercises. Benefits include an enhanced sense of overall body awareness and balance training, all in a safe aqua environment.

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.