

# KINGSBURY CLUB POOL SCHEDULE - Spring 2021 (Effective Feb. 21 - Jun. 5)

Please note: All free swim, lap swim, and aquatics programming is by RESERVATION ONLY

	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	Lap Swim (1 hour)		Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2							
6:00	Closed (15)	Unguided Aqua Aerobics (1.75 hours)	Closed (15)		Kingfish Swim Team (1.75 hours) 2	Unguided Aqua Aerobics (2.75 hours)	Closed (15)	Unguided Aqua Aerobics (3 hours)	Kingfish Swim Team (1.75 hours) 2	Unguided Aqua Aerobics (1.75 hours)	Closed	Closed	Closed	Closed
6:30			Lap Swim (15')								Lap Swim (45 minutes)			
7:00	Holiston Swim Team (1.25 hours) 2	Closed (15)	Aqua Sport Heidi (45') 4		Closed (15)		Holiston Swim Team (1.25 hours) 2		Closed (15)	Closed (15)	Closed (15)	Unguided Aqua Aerobics (1.75 hours)		Unguided Aqua Aerobics (1.75 hours)
7:30		Hydro Therapy Joel (1 hour) 0	Closed (15)		Lap Swim (.45')					Hydro Therapy Joel (1 hour) 0	Masters 18+ (1 hour) 2			
8:00	Lap Swim (1.5 hours)	Closed (15)			Closed (15)				Lap Swim (2 hours)	Closed (15)	Closed (15)			
8:30					Aqua Jog Paula (1 hour) 2									
9:00	Closed (15)				Closed (15)									
9:30	Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2					
10:00	Closed (15)	Swim Lessons (4.75 hours)		Swim Lessons (5 hours)	Closed (15)	Swim Lessons (5.25 hours)	Lap Swim (6.5 hours)	Swim Lessons (4.75 hours)	Closed (15)	Swim Lessons (5 hours)	Swim Lessons (2.75 hours)		Kingfish Swim Team (6 hours) 2	Swim Lessons (2.75 hours)
10:30														
11:00			Lap Swim (7.75 hours)											
11:30	Lap Swim (3.5 hours)													
12:00														
12:30					Lap Swim (5.5 hours)				Lap Swim (4.75 hours)			Free Swim (2 hours)	Closed (15)	Free Swim (1.75 hours)
1:00		Closed (15)												
1:30		Free Swim (1.75 hours)		Free Swim (1.75 hours)									Lap Swim (3.5 hours)	
2:00														
2:30														
3:00	Youth Fitness Swim (2.25 hours) 2	Closed (15)					Youth Fitness Swim (2.25 hours) 2							
3:30														
4:00			Youth Fitness Swim (1 hour) 2						Youth Fitness Swim (1 hour) 2					
4:30			Closed (15)											
5:00		Swim Lessons (3.75 hours)		Swim Lessons (3.75 hours)		Swim Lessons (3.5 hours)		Swim Lessons (3.5 hours)		Swim Lessons (3.5 hours)				
5:30														
6:00	Kingfish Swim Team (3 hours) 2				Kingfish Swim Team (3 hours) 2			Swim Lessons (3.5 hours)	Kingfish Swim Team (3 hours) 2					
6:30			Kingfish Swim Team (4.25 hours) 2				Kingfish Swim Team (4.25 hours) 2							
7:00														
7:30					Lap Swim (15')									
8:00		Free Swim (1.75 hours)		Unguided Aqua Aerobics (1.75 hours)	Masters 18+ (1 hour) 2	Free Swim (1.75 hours)		Aqua Fusion Heidi (1 hour) 4		Free Swim (1.75 hours)				
8:30	Lap Swim (1 hour)				Lap Swim (30')			Closed (15)	Lap Swim (1 hour)					
9:00								Ung. Aq. Aer. (.5 hours)						

**POOL HOURS:**

Mon - Fri 5am to 9pm  
Sat/Sun 6am to 7:45pm

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: Ask lifeguard for pool availability

# 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.

## **Unguided Aqua Aerobics**

Time block reserved specifically for those who would like to use the small pool for their own personal, self guided aqua fitness workouts.

## **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.

## **Youth Fitness Swim**

Youth fitness swim is the perfect program to get in a great swimming workout outside of the competitive team structure. All workouts are coached and perfect for all swimming availabilities.