



# HOLLAND INDOOR POOL SCHEDULE

**MON-THURS 5:30 AM-8:30 PM**

**FRI 5:30 AM-7:30 PM | SAT-SUN 8:00 AM-5:30 PM**

The deep end and limited lap lanes are open during classes unless otherwise noted.

<b>SUNDAY</b>	<b>9:00 - 10:20 AM</b>	<b>Water Babies</b>
	<b>10:20 - 11:00 AM</b>	<b>Toddler Splash</b>
	<b>11:00 - 11:40 AM</b>	<b>Basic Water Skills &amp; Learn to Swim Level 1</b>
	<b>11:40 AM - 12:15 PM</b>	<b>Learn to Swim Level 2 &amp; 3</b>
	<b>12:15 - 1:15 PM</b>	<b>Water Muscles</b>
<b>MONDAY</b>	<b>4:30 - 6:45 PM</b>	<b>Storm Swim Team</b>
<b>TUESDAY</b>	<b>9:30 - 10:45 AM</b>	<b>Learn to Swim Early Childhood</b>
	<b>10:45 - 11:45 AM</b>	<b>Water Aerobics</b>
	<b>7:00 - 8:00 PM</b>	<b>Aqua Cardio Blast</b>
<b>WEDNESDAY</b>	<b>9:30 - 10:00 AM</b>	<b>Learn to Swim Early Childhood</b>
	<b>10:45 AM - 11:45 AM</b>	<b>Water Aerobics</b>
	<b>4:30 - 6:45 PM</b>	<b>Storm Swim Team</b>
<b>THURSDAY</b>	<b>9:30 - 10:45 AM</b>	<b>Learn to Swim Early Childhood</b>
	<b>10:45 AM - 11:45 PM</b>	<b>Water Aerobics</b>
<b>FRIDAY</b>	<b>4:30 - 6:45 PM</b>	<b>Storm Swim Team</b>
<b>SATURDAY</b>	<b>9:00 - 10:20 AM</b>	<b>Water Babies</b>
	<b>10:20 - 11:00 AM</b>	<b>Toddler Splash</b>
	<b>11:00 - 11:40 AM</b>	<b>Basic Water Skills &amp; Learn to Swim Level 1</b>
	<b>11:40 AM - 12:15 PM</b>	<b>Learn to Swim Level 2 &amp; 3</b>
	<b>12:15 - 1:15 PM</b>	<b>Water Muscles</b>
	<b>1:30 - 2:30 PM</b>	<b>Hydrorider</b>

• You may use the MY J app to make Aquatics Group Fitness reservations •

# AQUATICS CLASS DESCRIPTIONS

## AQUATICS

### AQUA CARDIO BLAST

All ages and fitness levels will enjoy this workout! Short intervals of cardio exercise at your own pace mixed with stretching and rest.

### WATER AEROBICS

General cardio and resistance training for the upper & lower body in the water.

### WATER MUSCLES

High intensity muscular endurance and cardiovascular training in the water.

### HYDRORIDER

Burn calories in the water with this low impact, high resistance aqua spin bike!

**Use the MY J App to make reservations for  
aquatics group fitness classes!**



**APPLE**



**JCC BUFFALO**



**GOOGLE**

**JCCBUFFALO.ORG**

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