

DAILY AQUATIC SCHEDULE

WOLFE CENTER – THERAPY POOL

884 Church Street, Smyrna * (678) 631-5541

HOURS OF OPERATION

Monday through Thursday 8:00 a.m. to 7:00 p.m.
 Friday and Saturday 8:00 a.m. to 2:00 p.m.
 Closed Sunday

Monday

8:00 – 9:00 a.m. Lap Swim Only
 9:00 – 10:00 a.m. Water Walk Only
 10:00 – 11:00 a.m. Advanced Aqua Fit
 11:00 – 12:00 p.m. H2O Flow
 12:00 – 1:00 p.m. Water Rhythms
 1:00 – 2:00 p.m. Water Walk Only
 2:00 – 3:00 p.m. Lap Swim Only
 3:00 – 4:00 p.m. Aqua Boot Camp
 4:00 – 5:00 p.m. Aqua Tone & Stretch
 5:00 – 5:45 p.m. Lap Swim Only
 5:45 – 6:45 p.m. Advanced Aqua Fit

Tuesday

8:00 – 9:00 a.m. Water Walk Only
 9:00 – 10:00 a.m. Aqua Tone & Fit
 10:00 – 11:00 a.m. Lap Swim Only
 11:00 – 12:00 p.m. Water Rhythms
 12:15 – 1:00 p.m. Ai Chi
 1:00 – 2:00 p.m. Hip, Knee, & Back Class
 2:00 – 3:00 p.m. Water Walk Only
 3:00 – 4:00 p.m. Aqua Boot Camp
 4:00 – 5:00 p.m. Learn to Swim Class
 5:00 – 5:45 p.m. Lap Swim Only
 5:45 – 6:45 p.m. Advanced Aqua Fit

Wednesday

8:00 – 9:00 a.m. Lap Swim Only
 9:00 – 10:00 a.m. Water Walk Only
 10:00 – 11:00 a.m. Advanced Aqua Fit
 11:00 – 12:00 p.m. H2O Flow
 12:00 – 1:00 p.m. Water Rhythms
 1:00 – 2:00 p.m. Water Walk Only
 2:00 – 3:00 p.m. Lap Swim Only
 3:00 – 4:00 p.m. Aqua Boot Camp
 4:00 – 5:00 p.m. Aqua Tone & Stretch
 5:00 – 5:45 p.m. Lap Swim Only
 5:45 – 6:45 p.m. Water Walk Only

Thursday

8:00 – 9:00 a.m. Water Walk Only
 9:00 – 10:00 a.m. Aqua Tone & Fit
 10:00 – 11:00 a.m. Lap Swim Only
 11:00 – 12:00 p.m. Water Walk Only
 12:15 – 1:00 p.m. Ai Chi
 1:00 – 2:00 p.m. Hip, Knee, & Back Class
 2:00 – 3:00 p.m. Water Walk Only
 3:00 – 4:00 p.m. Aqua Boot Camp
 4:00 – 5:00 p.m. Water Walk Only
 5:00 – 5:45 p.m. Lap Swim Only
 5:45 – 6:45 p.m. Advanced Aqua Fit

Friday

8:00 – 9:00 a.m. Lap Swim Only
 9:00 – 10:00 a.m. Advanced Aqua Fit
 10:00 – 11:00 a.m. Water Walking Only
 11:00 – 12:00 p.m. Lap Swim Only
 12:00 – 1:00 p.m. Water Walk Only
 1:00 – 1:45 p.m. Lap Swim Only
 2:00 p.m. Facility Closed

Saturday

8:00 – 9:00 a.m. Water Walk Only
 9:00 – 10:00 a.m. Lap Swim Only
 10:00 – 11:00 a.m. Aqua Dance
 11:00 – 12:00 p.m. Saturday AM Boot Camp
 12:00 – 1:00 p.m. Water Walk Only
 1:00 – 1:45 p.m. Lap Swim Only
 2:00 p.m. Facility Closed

THERAPY POOL PASS

Passes may be purchased during regular business hours. Payment Options: personal check, cash, debit card, or major credit card.

Resident: \$45 annual / \$35 semi-annual
 Non-Resident: \$120 annual / \$65 semi-annual
 Visitor Drop-in: \$5 per visit

AQUATIC CLASSES

Registration is not required to participate in an aquatic class however; there is a maximum limit of 40 participants per class. Classes are filled on a first come – first served basis. For your protection we recommend wearing aquatic shoes in the dressing rooms, in the pool, and on pool deck. Admission will be denied to anyone without a current Therapy Pool Pass.

Water Fitness Instructors

Melinda Boothe	Advanced Aqua Fit
Pearlena Callender	Advanced Aqua Fit and H2O Flow
Marilyn Ellis	Aqua Boot Camp, Easy Tone & Fit
Karon Gwin	Hip, Knee, Back & Ai Chi
Yvette Hassell	Aqua Dance
Barbara James	Aqua Tone & Stretch
Jodi Mills	Aqua Fitness Class sub
Gail Braxton-Thomas	Water Rhythms
Didi Watson	Aqua Tone & Fit

Class Descriptions

Ai Chi: A water exercise and relaxation program using a combination of deep breathing and slow movements of arms, legs, and torso in flowing patterns. Continual circular movements create an external feeling of harmony with repetition becomes internal.

Hip, Knee, & Back: This class is designed for individuals who need to strengthen muscles around the hip, knees, and back. Class emphasizes balance, core strength, body conditioning, and the prevention of pain.

Aqua Tone & Fit: This class consists of easy marching movements, water walking patterns, and basic water fitness stretches and exercises. Class is designed for beginners or individuals with doctor's orders for low impact aqua aerobics and aqua therapy.

H2O Flow: This class consists of a range of movements to help lube joints and gently stretch muscles. This class is a great choice for those patrons suffering with arthritis.

Advanced Aqua Fit: This class is designed for those who are physically fit and very active. Class consists of upper and lower body strength training using water resistance equipment, water Pilates, and aqua yoga to improve core balance and strength. High energy cardio movements guaranteed to raise your heart rate and boost metabolism.

Aqua Boot Camp: Class consists of basic boot camp type exercises, jumping jacks, Nordic track lunges, high energy jogging and specific exercises designed to get you whipped into shape.

Aqua Tone & Stretch: A great basic beginner's class consisting of easy water walking patterns, stretching and toning exercises, with a concentration on core strength and balance. Aquatic resistance equipment used during this class.

Aqua Dance: A high energy aqua dance class. Hot Latin music guaranteed to get your feet moving and your heart pumping. Participating in this class helps increase cardio endurance, core balance, and muscle tone.

Water Rhythms: A class that promises to moderately challenge and develop your, endurance, flexibility, muscle strength and toning and we do it all to upbeat music.

Easy Tone & Fit: Basic beginners class. Easy movements through water with basic toning exercises and stretches.