



Bond Community  
Center

## Bond Community Center Water Class Schedule

1201 Park Ave  
Oconto, WI 54153  
920-834-5585

**January 1 – May 31, 2020**

www.bellinfitness.org

| TIME           | MONDAY   | TUESDAY                             | WEDNESDAY                              | THURSDAY  | FRIDAY  |
|----------------|--|-------------------------------------|--|---|---|
| 5:30am-12:30pm | <b>Open Swim</b>   | <b>Open Swim</b>                    | <b>Open Swim</b>                       | <b>Open Swim</b>                                | <b>Open Swim</b>                                |
| 8:00-8:45am    | <b>Aqua Splash-AMY</b>   |                                     | <b>Aqua Splash-AMANDA</b>              |   | <b>Aqua Splash-ABBY</b>                         |
| 9:00-9:45am    | <b>Silver Sneakers<br/>Splash-AMY</b>  |                                     | <b>Silver Sneaker Splash-<br/>JUDY</b> |   | <b>Silver Sneakers<br/>Splash-ABBY</b>          |
| 10:00-10:45am  |  | <b>Aqua Splash-AMY</b>              |  | <b>Aqua Splash-AMY</b>                          |   |
| 11:00-11:45am  |  | ◆ <b>Aqua Chronic Pain-<br/>AMY</b> |  | ◆ <b>Aqua Hip, Knee,<br/>Back-AMY</b>           |   |
| 12:30-3:30pm   | <b>POOL CLOSED</b>   | <b>POOL CLOSED</b>                  | <b>POOL CLOSED</b>                     | <b>POOL CLOSED</b>                              | <b>POOL CLOSED</b>                              |
| 1:00-1:45pm    | <b>Aqua Splash-AMY</b>   |                                     | <b>Aqua Splash-AMY</b>                 |   | <b>Saturday<br/>Open Swim<br/>9:00am-2:30pm</b> |
| 5:00-5:45pm    |  | <b>Aqua Sculpt - JUDY</b>           |  | <b>Aqua Sculpt-JUDY</b>                         |   |
| 5:00-6:30pm    | ◆ <i>Swim Lessons<br/>January 6-February 17<br/>March 2-April 13<br/>April 27-May 18</i> |                                     |  | ◆ <i>Swim Lessons<br/><br/>April 27- May 18</i> | <b>Sunday<br/>Open Swim<br/>1:00pm-3:30pm</b>   |
| 3:30pm-6:30pm  | <b>Open Swim</b>   | <b>Open Swim</b>                    | <b>Open Swim</b>                       | <b>Open Swim</b>                                | <b>Open Swim</b>                                |

◆ Indicates Specialty Class available to members and general public for an additional fee - Punch Cards available ---call for details

*\*Due to instructor availability, we will do everything we can to ensure an instructor when a sub is needed. Thank you for your patience and understanding.*

## Pool Information

**Lifeguards** will enforce this pool schedule so that everyone may enjoy their favorite activities in the pool. The Bond Community Center facility closes at 8:00pm Monday-Friday and 5:00pm Saturday and Sunday.

### Explanation of Terms

- Open Swim-Multiple activities may take place depending on space available. Anyone who needs a flotation device to swim **MUST** be accompanied by an adult who is no more than 1 arm length away at all times.
- Lap Swim-Lap swimming. Lanes will be shared. Multiple people may use a lane at the same time. People should swim on the right side when swimming down and back, passing slower swimmers on the left.

### Pool Rules and Guidelines

- The pool deck is slippery!—Please walk.
- Food, drink, or gum is not allowed on the pool deck or in the pool
- Engaging in rough play in or around the pool is not allowed. Avoid dunking, splashing, or pushing others.
- Failure to follow the rules or instructions from the lifeguards may result in a “time-out” on the pool deck or dismissal from area.
- Cubes, barbells, balls, and noodles are available to use at all times. Kickboards and flippers are available for adult lap swimmers. Any other equipment in the pool area is not allowed to be used. Please ask the lifeguards before you borrow any equipment.
- Inflatable flotation devices are not allowed in the pool. Pool toys from home are allowed, but keep in mind that we are not responsible for any lost or stolen items.
- No diving in any part of the pool. Feet first, forward jumps only. No flips, twists, or inwards off the sides. Wait until people in the water are safely out of the way before entering the water.
- Shower before entering the pool and after using the toilet facilities.
- Please remove any band-aids before entering the pool. Do not enter the pool if you have a communicable disease or an open cut.
- Please wear the appropriate swim wear while using the pool.
- Please remove street shoes before entering the pool deck.
- Please refrain from hanging on the lap lanes or ladders.
- Please do not swear, scream unnecessarily, or yell for help if you do not need it.

### Whirlpool Guidelines (Average Temperature – 102 degrees Patron Capacity – 8)

- Please shower before using the whirlpool
- Persons with heart disease, diabetes, or high or low blood pressure should not use the whirlpool.
- Pregnant women should consult their doctor before using the whirlpool.
- Lengthy exposure may be hazardous to your health and may result in dizziness, nausea, or fainting.
- For safety reasons, please refrain from completely submerging in the whirlpool
- Children 6-12 years old must be supervised by a parent/guardian. Children under 6 are not permitted.
- Due to the high temperature of the water, only people who are over the age of 12 may use the whirlpool independently.

**Sauna:** Please tell the front desk staff if you are going to use the sauna so they can ensure the lifeguard has it warmed up.

## Aquatic Classes

**Silver Sneaker® Splash:** Activate your aqua exercise urge for variety! Silver Sneaker Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers® kickboard is used to develop strength, balance and coordination. Silver Sneaker Splash® provides a friendly and supportive group atmosphere to help you decrease pain and stiffness associated with limited mobility. You will learn exercises that can help increase your joint range of motion and strengthen muscles without putting excess stress on joints.

**Aqua Splash:** Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercise for the upper and lower body using water, weights and floats for an added challenge.

◆ **Aqua Hip, Knee and Back:** Discover the benefits of water if you have hip, knee, or back pain or are a pre/post-surgery patient. This class is taught by a Group Fitness Instructor.

◆ **Aqua Chronic Pain:** Using the 86 degree pool, this workout is designed to use water’s buoyancy and relaxation exercises to reduce chronic pain.

### Large Pool

Average Temperature: 86

Patron Capacity – 158

Minimum depth is 3’6”

Maximum Depth is 5’6”

1 length = 25 yards

(Length = from one side of the pool to the other, Lap = 2 lengths)

18 lengths = 9 laps = .25 mile

36 lengths = 18 laps = .50 miles

72 lengths = 36 laps = 1.0 miles