



JIM DAILEY FITNESS & AQUATIC CENTER Indoor Aquatic Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am- Lap Swim 8:45pm	5:30am- Lap Swim 8:45pm	5:30am- Lap Swim 8:45pm	5:30am- Lap Swim 8:45pm	5:30am- Lap Swim 8:45pm	7:00am- Lap Swim 5:45pm
	6:00am- Swim Team 7:00am	6:00am- Aqua Power 7:00am <i>Aljay S.</i>	6:00am- Swim Team 7:00am	6:00am- Aqua Power 7:00am <i>Aljay S.</i>		9:00am- Aqua Fit 9:45am <i>Dewayne G.</i>
	9:30am- Aqua Fit 10:30am <i>Debi M.</i>	9:30am- Aqua Fit 10:30am <i>Dewayne G.</i>	9:30am- Aqua Fit 10:30am <i>Debi M.</i>	9:30am- Aqua Fit 10:30am <i>Dewayne G.</i>	9:30am- Aqua Fit 10:30am <i>Debi M.</i>	12:00pm Parent/ Child Fitness
1:00pm- Lap Swim 4:45pm	10:30am- Arthritis 11:30am Foundation <i>Debi M.</i>		10:30am- Arthritis 11:30am Foundation <i>Debi M.</i>		10:30am- Arthritis 11:30am Foundation <i>Debi M.</i>	Training
2:00pm- Pool Party 4:00pm						10:00am- Pool Party 12:00pm
	4:00pm- Swim Team 8:15pm	4:00pm- Swim Team 8:15pm	4:00pm- Swim Team 7:30pm	4:00pm- Swim Team 8:15pm	4:00pm- Swim Team 6:00pm	1:00pm- Pool Party 3:00pm
	5:30pm- Aqua Zumba 6:15pm <i>Ashley C.</i>	5:30pm- Aqua Fit 6:30pm <i>Deborah W.</i>	5:30pm- Aqua Power 6:30pm <i>Trina W.</i>	5:30pm- Aqua Fit 6:30pm <i>Deborah W.</i>		2:00pm- Children's Day 5:30pm
4:45pm- Pool Area Closed	8:45pm- Pool Area Closed	8:45pm- Pool Area Closed	8:45pm- Pool Area Closed	8:45pm- Pool Area Closed	8:45pm- Pool Area Closed	4:00pm- Pool Party 5:45pm 5:45pm- Pool Area Closed

*Please note that classes & instructors may change at any time.

*Lap swim will be available at all times.

*Pool & sauna will close 15 minutes before facility closes.

*Lap swim is for those ages 16 and older.

Children swimmers require an adult in the water while swimming. 1 adult per 3 children. No GROUPS allowed.

No child swimmers during class.

* During Children's Day, children ages 6 to 15 years are allowed to swim without parental supervision.

* Classes may be canceled due to inclement weather, or Holidays

Pool Parties may be booked at the front desk for Saturdays & Sundays

For more information about our programs & lane availability, see the back of this sheet!

Indoor Lane Schedule: 5:30am-4:00pm

(L1)	(L2)	(L3)	(L4)	(L5)	(L6)
Lap Swim 5:30am-6:00am	Lap Swim 5:30am-6:00am	Lap Swim 5:30am-4:00pm	Lap Swim 5:30am-4:00pm	Aerobics Lane 5:30am- 6:00am	
Swim Team M/W 6:00am-7:00am	Swim Team M/W 6:00am-7:00am			Aqua Power 6:00am-7:00am T/TH	
				Aqua Fit 9:30am-10:30am M-F	
				Arthritis Foundation 10:30am-11:30am M/W/F	
Lap Swim 7:00am-4:00pm	Lap Swim 7:00am-4:00pm			Aerobics Lane 11:30am-4:00pm	

JDFAC Pool Rules and Info

- *The lap pool is 25 yards long, 3-5 feet deep, and 83-85°F
- *Participants must shower with soap before entering the pool.
- *Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.
- *No diving anywhere in the pool.
- *No running or rough play.
- *No displays of public affection.
- *Spitting or blowing of the nose is prohibited.
- *Long hair should be pulled back and secured.
- *Approved swimwear only. Must be in good condition, lined and with no transparency.
- *No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic shoes are allowed.
- *Approved personal pool equipment is allowed if it is for aquatic fitness safety.
- *Lap swim times are for ages 16+ years. Lap swimmers must be swimming continuous laps at all times
- *Lap swimmers must share lanes if all lanes are occupied.
- *If the swim lift is needed, ask a staff member for more information on how to use it properly.
- *Pool and sauna closes 15 minutes before facility closing.
- *Please obey lifeguards at all times. Lifeguards may change and/or modify rules to keep patrons safe.

Indoor Lane Schedule: 4:00pm-8:45pm

(L1)	(L2)	(L3)	(L4)	(L5)	(L6)
Swim Team 4:00pm-8:15pm M-F	Lap Swim 4:00pm-4:45pm	Lap Swim 4:00pm-6:00pm	Lap Swim 4:00pm-8:45pm	Lap Swim 4:00pm-5:30pm	Aerobics 4:00pm-5:30pm
	Swim Team 4:45pm-8:15pm M-Th	Swim Team 6:00pm-7:30pm M-Th		Zumba/Fit/Power 5:30pm-6:30pm M-Th	
Lap Swim 8:15pm-8:45pm	Lap Swim 8:15pm-8:45pm	Lap Swim 7:30pm-8:45pm		Family Swim 6:30pm-8:30pm T/TH 5:30pm-8:30pm F Aerobics Lane 6:30pm-8:45pm	

Indoor Pool Programs

- Arthritis Foundation-** Class is designed for those with arthritis, joint and muscular conditions. Exercises are specific for improving range of motion, muscular strength and endurance
- Aqua Boot Camp-** If you like the traditional boot camp exercises, try this class that brings it to the water!
- Aqua Fit-** Total body workout that incorporates cardiovascular endurance, toning and flexibility.
- Aqua Power-** Medium to high impact water aerobics that uses cardio and weights to create a high metabolism boost.
- Aqua Zumba-** Ditch the normal workout and join the party in the pool! Aqua Zumba not only gives you a great cardio workout, but lets you have fun with friends and music!
- Deep Water Workout-** A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.
- Power Sculpt Express-** This 15 minute class is geared for participants who want to have a healthy core, back, arms and legs by using water weights and noodles.
- Swim Team:** In the event of inclement weather, the swim team will practice inside, changing lane availability from 4:00pm-8:00pm.