

# THE HAWK

FARMINGTON HILLS COMMUNITY CENTER

## AQUATICS SCHEDULE | JULY 1 - JULY 28 | **SUBJECT TO CHANGE**

**\*Thursday, July 4th:** Modified Open Swim 6:30 AM - 1:00 PM

**\*Friday 7/5 & 7/26:** Modified Open Swim 12:00 PM - 2:30 PM - NO CAMP SWIM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim & River Walking Only 5:30am-9:00am	Lap Swim & River Walking Only 5:30am-9:00am	Lap Swim & River Walking Only 5:30am-9:00am	Lap Swim & River Walking Only 5:30am-9:00am	Lap Swim & River Walking Only 5:30am-9:00am	Lap Swim & River Walking Only 7:00am-10:00am	Lap Swim & River Walking Only 8:00am-9:00am
One Lap Lane Only: Swim Lessons in Progress 9:00 AM-12:00 PM	One Lap Lane Only: Swim Lessons in Progress 9:00 AM-12:00 PM	One Lap Lane Only: Swim Lessons in Progress 9:00 AM-12:00 PM	One Lap Lane Only: Swim Lessons in Progress 9:00 AM-12:00 PM	Lap Swim Only 9:00am-10:00am		Open Swim: Modified 10:00am-12:00pm
				Deep Water Aerobics Only 10:00am-11:00am	Open Swim: Modified 11:00am-12:00pm	
<b>CAMP SWIM ONLY</b> 12:00 PM - 2:30 PM	<b>CAMP SWIM ONLY</b> 12:00 PM - 2:30 PM	<b>CAMP SWIM ONLY</b> 12:00 PM - 2:30 PM	<b>CAMP SWIM ONLY</b> 12:00 PM - 2:30 PM	<b>CAMP SWIM ONLY</b> 12:00 PM - 2:30 PM	Open Swim: All Features Open 12:00pm-6:00pm	Open Swim: All Features Open 12:00pm-5:00pm
Open Swim: All Features Open 2:30pm-8:00pm	Open Swim: All Features Open 2:30pm-8:00pm	Open Swim: All Features Open 2:30pm-8:00pm	Open Swim: All Features Open 2:30pm-8:00pm	Open Swim: All Features Open 2:30pm-8:00pm		
Lap Swim & River Walking Only 8:00pm-9:00pm	Lap Swim & River Walking Only 8:00pm-9:00pm	Lap Swim & River Walking Only 8:00pm-9:00pm	Lap Swim & River Walking Only 8:00pm-9:00pm			
AQUATICS PROGRAMS						
Water Dance 9:00am-9:55am	H2O MAX 9:00am-9:55am	Water Aerobics 9:00am-9:55am	Self-Directed Water Aerobics 9:00am-9:55am	Water Aerobics 9:00am-9:55am		
Deep Water Aerobics 10:00am-10:55am	Aquatic HIIT MIX 10:00am-10:55am	Deep Water Aerobics 10:00am-10:55am	Self-Directed Deep Water Aerobics 10:00am-10:55am	<b>NEW</b> Deep Water Aerobics 10:00am-10:55am		

## PROGRAM DESCRIPTIONS

**Water Aerobics** – Your body will love this fat burning, all-inclusive workout to motivating music using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance, and flexibility. You do not need to know how to swim, but you should be comfortable in the water.

**Deep Water Aerobics** – Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 minutes of intense weight training and 10 minutes of abs/core body workout. You do not need to know how to swim but must be comfortable in 8.3ft deep water. Participants will use a floatation belt for safety and posture.

**“Self Directed”** – Class is not instructor-led. Enjoy the accessibility of water aerobics equipment and the pool while working independently, or with friends!

**H2O MAX** – Cardio, strength training, core & more! You get it all done in the safe environment of the pool and have fun doing it. There is a lot of variety in this class for all fitness levels. Bring a water bottle!

**Aquatic HIIT** – Welcome to the world of aquatic high-intensity interval training. Just like a land class, you alternate fast gusts of energy with slower, longer intervals. MIX in some deep water stretching. Participants will use a floatation belt for safety and posture.

**Water Dance** - Is an instructor-led high-energy workout utilizing the natural resistance of water while moving to the beat. This class involves 45-50 minutes of intense cardio burn using dance inspired moves. Swimming is not a required skill. Participants must be comfortable in water.

**Open Swim** - Features are available for use. Occasionally, classes or training may be conducted during open swim.

**Modified Open Swim** - Modified Open sessions are the best times for parents with small children and seniors to enjoy our Leisure Pool. Depending on current scheduled programming certain features may not be open during a modified open swim.

**Leisure Pool** - Includes: Lap Lanes, Lazy River, Zero Depth Entry & Water Slide. Depth of 3.5 feet.

**Deep Pool** - Includes: Rock Climbing Wall & Zip Line. Depth of 8 feet, 2 inches.

