



# September Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30- 7:00	CLOSED	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Stingrays Swim Team
7:00-8:00	Lap/Open Swim	Water Aero.(3) Lap Swim	Lap/Open Swim	Water Aero. (3) Lap Swim	Lap/Open Swim	Water Aero.(3) Lap Swim	Stingrays Swim Team
8:00-9:00	Lap/Open Swim	Lap/Open Swim	Arthritis(3) Lap Swim	Lap/Open Swim	Arthritis(3) Lap Swim	Lap/Open Swim	Stingrays Swim Team 8:15 Lap Lane
9:00-9:30	CCA Lap/Open Swim	Aqua Zumba (3) Lap Swim	Aqua Zumba(3) Lap Swim	Lap/Open Swim	Aqua Zumba(3) Lap Swim	Lap/Open Swim	Stingrays Swim Team/1 Lap Lane
9:30-10:00	CCA Lap/Open Swim	Aqua Zumba (3) Lap Swim	Aqua Zumba(3) Lap Swim	Water Aero. (3) Lap Swim	Aqua Zumba(3) Lap Swim	Water Aero. (3) Lap Swim	Lessons/ Lap Swim
10:00-10:30	CCA Lap/Open Swim	Aqua Fit (3) Lap Swim	Lap/Open Swim	Water Aero. (3) Lap Swim	Lap/Open Swim	Water Aero. (3) Lap Swim	Water Aero. (3) Lessons/Lap Swim
10:30-11:00	CCA Lap/Open Swim	Aqua Fit(3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Aqua Fit(3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Lap/Open Swim	Lessons Lap Swim
11:00-12:00	CCA Lap/Open Swim	Aqua Therapy (3) Lessons Lap Swim	10:45-11:45 Arthritis (3) Lessons/ Lap Swim	Aqua Therapy (3) Lap Swim	10:45-11:45 Arthritis(3) Lap Swim	Aqua Therapy (3) Lap Swim	Lessons Lap Swim
12:00-1:00	CCA Coach Joe Lap/Open Swim	CCA Lessons Lap/Open Swim	Hurricanes (2) Lessons Lap/Open Swim	CCA Lap/Open Swim	Hurricanes (2) Lap/Open Swim	CCA Lap/Open Swim	CCA Lap/Open Swim
1:00-2:00	CCA Coach Joe Lessons Lap/Open Swim	CCA Lap/Open Swim	Hurricanes (2) Lap/Open Swim	CCA Lap/Open Swim	CCA Hurricanes (2) Lap Swim	CCA Lap/Open Swim	CCA Lap/Open Swim
2:00-3:00	Coach Joe Lessons Lap/Open Swim	CCA Lap/Open Swim	CCA Lap/Open Swim	CCA Lap/Open Swim	CCA Lap/Open Swim	CCA Stingrays Swim Team	CCA Lap/Open Swim
3:00-3:30	Stroke Clinic (2) Lap/Open Swim	Stingrays Swim Team.	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	CCA Lap/Open Swim
3:30-4:00	Stroke Clinic (2) Lap/Open Swim	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	CCA Lap/Open Swim
4:00-5:00	Stroke Clinic (2) Lap/Open Swim	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	Stingrays Swim Team	CCA Lap/Open Swim
5:00-6:00	Lap/Open Swim	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/ 1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Lap/Open Swim
6:00-6:30	Lap/Open Swim	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/ 1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Lap/Open Swim
6:30-7:00	Lap/Open Swim	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/ 1 Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/ 1 Lap Lane	Lap/Open Swim
7:00-8:00	Lap/Open Swim	Stingrays Swim Team/1Lap Lane	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/ 1 Lap Lane	Lap/Open Swim
8:00-9:00	CLOSED	Stingrays Swim Team	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team	Stingrays Swim Team/1 Lap Lane	Stingrays Swim Team/1 Lap Lane	CLOSED
9:00-10:00	CLOSED	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	CLOSED

**KEY:** Lap swimming= organized swimming up and down the length of the pool repeatedly/**Open swim**=anything other than lap swimming /**Lap Swim**=minimum 1 lane available for lap swimming/ **Lap/Open Swim**= at least 2 lanes available; 1 for lap swimming, 1 for other/ **(2) or (3)**=number of lanes used for that class or practice

## **KEY**

**Hurricanes** = *Homeschool Hurricanes Swim Team* is designed to meet the needs of swimmers wanting professionally-coached practices dedicated to improving stroke mechanics and focus in the water. Swimmers will master the basics and build upon them. Six-week sessions will include a supplemental video component to demonstrate and reinforce the skills progressions in practice.

**Aqua Zumba:** Low impact, high-energy aquatic energy. Instructors use Latin and international music beats for dance exercise and integrate them in a water-based workout. Get ready for a dance party...in the pool! All fitness levels welcome. Mon/Tues/Thurs 9:00 am classes are taught by Eduardo.

**Water Aerobics:** The focus is on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. The use of aqua equipment such as dumb bells, noodles, and jogging vests are incorporated to add versatility to the workout. Anna teaches the Mon/Fri 7:00 am classes; Denise the Wed/Fri 9:30 am classes.

**Arthritis Foundation Aquatics Program:** An exercise program for people with arthritis and related conditions. Participants engage in stretching, breathing, and light aerobic activities to improve flexibility, joint range of motion, endurance, strength, and well-being. Anna Marie teaches Tues/Thurs at 8:00 am and Tuesday at 10:45 am; Terri teaches Thursday at 10:45 am.

**Aquatic Movement – Therapy for Wellness:** Designed for people limited by impaired joint rotation and/or strength. Practice exercises designed to improve muscle strength, coordination, endurance and ability to perform daily tasks. Mon/Wed/Fri 10:45 am classes taught by John.

**Aqua Fit** – Utilization of all our resistance equipment. This class is designed to target all the core muscle groups focusing on increasing strength and mobility. You will learn the proper use of all aquatics fitness equipment and grasp an understanding of muscle groups and training.

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***INDEPENDENT CONTRACTORS sharing our pool. Please contact them directly for information and lessons.***

**CCA** = *Crossing Currents Aquatics*. Coach Traci McNeil works with all abilities and age groups from 'learn-to-swim' to elite tri-athletes. She carefully assesses the areas of needed improvement and develops an instruction plan that is in alignment with her clients' specific goals. Beyond developing efficient stroke mechanics, Coach Traci strives to foster an internal experience that awakens a joy for swimming as a sustainable and life-long journey!

**Coach Joe** = Coach Joe Athlete Training & Consulting LLC – Joe Pascale – [coachjoepascale@gmail.com](mailto:coachjoepascale@gmail.com)

***In addition:***

**Swim Now Aquatics** = Eileen Fisher - All Ages, All Stages, All Year – Turning Beginners into Competitors, teaching/improving all four strokes – [Bebel6@msn.com](mailto:Bebel6@msn.com) 410-206-3549

**Tracy Hurst**, Certified ISR Instructor – [t.hurst@infantswim.com](mailto:t.hurst@infantswim.com) – [www.MarylandISR.weebly.com](http://www.MarylandISR.weebly.com)

***Stingrays Swim Team:*** *Our Stingrays are a USA Level 2 sanctioned swim team that offers a guided age-group youth program for children age 6 and up, from the beginning swimmer to the most competitive and skilled swimmer. Swimmers in our program learn the values of sportsmanship, teamwork, and physical, emotional and intellectual skills that will last a lifetime. For additional information contact [feliz@cablespeed.com](mailto:feliz@cablespeed.com)*

**All pool events are subject to change**

**Children under the age of 12 must be supervised by an adult at all times**

**Non-Toilet trained children are required to wear a swim diaper when in the pool**

**In the event of a thunderstorm, the pool/spa will close and re-open 30 minutes after the last lightning strike/thunder**