



# AQUATICS

## AQUATICS PROGRAM INFO

### Aquatics Area Age Guidelines

Children 10 & under must be accompanied in the Aquatics Area by an adult at least 14 years or older.

### Water Classes Included in Your Membership

#### WATER AEROBICS

40-minute shallow water class designed to provide a great cardio workout along with strength training through the resistance of water and aqua fitness accessories.

**Tuesday** 5:40 - 6:20 pm      **Saturday** 8:15 - 8:55 am

#### SENIOR SPLASH

45-minute shallow water class that eases muscle and joint stiffness while providing a light cardio workout. (Max class size: 14).

**Monday, Wednesday, & Friday**  
8:00 - 8:45 am | 9:00 - 9:45 am

**Tuesday & Thursday**  
1:00 - 1:45 pm

#### GENTLEMEN'S WATER AEROBICS

"Gentler" 45-minute water class just for men. Shallow water workout eases muscle & joint suffering while providing light cardio & strength training with aqua resistance tools.

**Tuesday & Thursday**  
11:00 am - 11:45 am

### Little Swimmers (9 mon. - 4 yrs.)

Please refer to individual session registration forms for specific dates & rates. Registration deadline: 1 week prior to start date or until full.

### PARENT & ME (9 months - 2 years)

An introduction to water for parents and children. Swim diaper required | Must have 4 in each class session.

### ADVANCED PARENT & ME (2 - 3 years)

A fun and safe way to get children comfortable in the water. Class goes further than the original Parent and Me class by introducing kids to water & safety skills. | Must have 4 in each class session.

### TINY TOTS SWIMMING (3 years - 4 years)

Introduction to basic water skills & water safety for children. Child must be potty-trained to participate.

### Swimming Academy (4 yrs. & up)

Please refer to individual session registration forms for specific dates & rates. Registration deadline: 1 week prior to start date or until full.

#### LEVEL 1 | SUNFISH

In this introductory level, children will have fun in the water while learning water basics including bobs & floats.

#### LEVEL 2 | PERCH

In this level, children will learn kicks, glides, & how to roll between front & back floats. Level also introduces breathing for front crawl.

#### LEVEL 3 | BASS

In this level, children will learn the front crawl with breathing as well as the elementary backstroke.

#### LEVEL 4 | WALLEYE

In this level, children will learn backstroke, how to tread, & sculling.

#### LEVEL 5 | NORTHERN PIKE

In this level, children will learn the breaststroke & sidestroke.

#### LEVEL 6 | MUSKIE

In this final level, children will learn butterfly, endurance in the water, & turns, as well as master strokes learned in previous levels.

### Private Swimming Lessons (4 yrs. - adult)

Choice Health & Fitness offers private swimming lessons for every ability. To schedule a lesson, contact Aquatics Coordinator, Breanna Nelson | [bnelson@choicehf.com](mailto:bnelson@choicehf.com) | 701.746.2790





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## AQUATICS AREA SCHEDULES

### ACTIVITY POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am						Closed	Closed
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm						Water Features & Slides 12:00 pm	Water Features & Slides 12:00 pm
1:00 pm							
2:00 pm							
3:00 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm	Water Features & Slides 3:30 pm		
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm						Closed	Closed
8:00 pm					Closed		
9:00 pm	Closed	Closed	Closed	Closed			
10:00 pm							

### General Pool Hours

Mon. - Thur. 5:30 am - 9:00 pm  
 Friday 5:30 am - 8:00 pm  
 Saturday 8:00 am - 7:00 pm  
 Sunday 11:00 am - 7:00 pm

### Water Slide Hours

Mon. - Thur. 3:30 pm - 9:00 pm  
 Friday 3:30 pm - 8:00 pm  
 Saturday 12:00 pm - 7:00 pm  
 Sunday 12:00 pm - 7:00 pm  
*Must be 48" tall to use slides.*

### Lazy River

**LAZY RIVER: 33 Laps = 1 mile**  
 Come walk with or against the current of the lazy river!  
*Must be at least 48" tall to use the Lazy River unless accompanied by a person age 14 years or older and a life jacket may be required.*

### Lap Swimming

**LAP POOL: 35 Laps = 1 mile**  
 Lap swimming available in shallow lane anytime pool is not reserved for swimming lessons or water classes.  
 Three swimmers per lane.

**\*Please Note:**  
 Schedules and lap pool availability are subject to change.

### LAP POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am	Lap Swim 5:30 - 7:55 am	Lap Swim 5:30 - 10:55 am	Lap Swim 5:30 - 7:55 am	Lap Swim 5:30 - 10:55 am	Lap Swim 5:30 - 7:55 am	Closed	Closed
6:00 am							
7:00 am							
8:00 am	Senior Splash 8:00 - 8:45 am		Senior Splash 8:00 - 8:45 am		Senior Splash 8:00 - 8:45 am	Water Aerobics 8:15 - 8:55 am	
9:00 am	Senior Splash 9:00 - 9:45 am		Senior Splash 9:00 - 9:45 am		Senior Splash 9:00 - 9:45 am	Lap Swim 9:00am-7:00pm	
10:00 am	Lap Swim 9:50 am - 4:25 pm		Lap Swim 9:0 am - 4:25 pm		Lap Swim 9:50 am - 8:00 pm		
11:00 am		Gentlemen's WA 11:00 - 11:45 am		Gentlemen's WA 11:00 - 11:45 am			Lap Swim 11:00 am - 7:00 pm
12:00 pm		Lap Swim 11:50 am - 1:00 pm		Lap Swim 11:50 am - 1:00 pm			
1:00 pm		Senior Splash 1:00 - 1:45 pm		Senior Splash 1:00 - 1:45 pm			
2:00 pm		Lap Swim 1:50 - 3:55 pm		Lap Swim 1:50 - 3:55 pm			
3:00 pm							
4:00 pm	Swim Lessons 4:25 - 6:35pm	Swim Lessons 3:55 - 5:35pm	Swim Lessons 4:25 - 6:35 pm	Swim Lessons 3:55 - 5:35pm			
5:00 pm							
6:00 pm	Lap Swim 6:40 - 9:00 pm	Water Aerobics 5:40 - 6:20pm	Lap Swim 6:40 - 9:00 pm	Lap Swim 5:45 - 9:00 pm			
7:00 pm		Lap Swim 6:30 - 9:00 pm				Closed	Closed
8:00 pm					Closed		
9:00 pm	Closed	Closed	Closed	Closed			
10:00 pm							

