



# 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



# 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<br>5:30 - 7:55 am      | Lap Swim<br>5:30 - 10:55 am        | Lap Swim<br>5:30 - 7:55 am      | Lap Swim<br>5:30 - 10:55 am        | Lap Swim<br>5:30 - 7:55 am      | Closed                           | Closed                         |
| 6:00 am  |                                 |                                    |                                 |                                    |                                 |                                  |                                |
| 7:00 am  |                                 |                                    |                                 |                                    |                                 |                                  |                                |
| 8:00 am  | Senior Splash<br>8:00 - 8:45 am |                                    | Senior Splash<br>8:00 - 8:45 am |                                    | Senior Splash<br>8:00 - 8:45 am | Water Aerobics<br>8:15 - 8:55 am |                                |
| 9:00 am  | Senior Splash<br>9:00 - 9:45 am |                                    | Senior Splash<br>9:00 - 9:45 am |                                    | Senior Splash<br>9:00 - 9:45 am | Lap Swim<br>9:00am - 7:00pm      |                                |
| 10:00 am | Lap Swim<br>9:50 am - 4:25 pm   |                                    | Lap Swim<br>9:0 am - 4:25 pm    |                                    | Lap Swim<br>9:50 am - 8:00 pm   |                                  |                                |
| 11:00 am |                                 | Gentlemen's WA<br>11:00 - 11:45 am |                                 | Gentlemen's WA<br>11:00 - 11:45 am |                                 |                                  | Lap Swim<br>11:00 am - 7:00 pm |
| 12:00 pm |                                 | Lap Swim<br>11:50 am - 1:00 pm     |                                 | Lap Swim<br>11:50 am - 1:00 pm     |                                 |                                  |                                |
| 1:00 pm  |                                 | Senior Splash<br>1:00 - 1:45 pm    |                                 | Senior Splash<br>1:00 - 1:45 pm    |                                 |                                  |                                |
| 2:00 pm  |                                 | Lap Swim<br>1:50 - 3:55 pm         |                                 | Lap Swim<br>1:50 - 3:55 pm         |                                 |                                  |                                |
| 3:00 pm  |                                 |                                    |                                 |                                    |                                 |                                  |                                |
| 4:00 pm  | Swim Lessons                    | Swim Lessons                       | Swim Lessons                    | Swim Lessons                       |                                 |                                  |                                |
| 5:00 pm  | 4:25 - 6:35pm                   | 3:55 - 5:35pm                      | 4:25 - 6:35 pm                  | 3:55 - 5:35pm                      |                                 |                                  |                                |
| 6:00 pm  | Lap Swim<br>6:40 - 9:00 pm      | Water Aerobics<br>5:40 - 6:20pm    | Lap Swim<br>6:40 - 9:00 pm      | Lap Swim<br>5:45 - 9:00 pm         |                                 |                                  |                                |
| 7:00 pm  |                                 | Lap Swim<br>6:30 - 9:00 pm         |                                 |                                    |                                 | Closed                           | Closed                         |
| 8:00 pm  |                                 |                                    |                                 |                                    | Closed                          |                                  |                                |
| 9:00 pm  | Closed                          | Closed                             | Closed                          | Closed                             |                                 |                                  |                                |
| 10:00 pm |                                 |                                    |                                 |                                    |                                 |                                  |                                |

