



# GENESEO PARK DISTRICT

## SUMMER 2022

# LAP SWIM/OPEN SWIM/WATER EXERCISE SCHEDULE

AT THE CENTER'S INDOOR POOL *May 30 - September 4, 2022*

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15 - 8:00 am	ADULT LAP SWIM 5:15 - 6:55 am	ADULT LAP SWIM 5:15 - 8:00 am	ADULT LAP SWIM 5:15 - 6:55 am	ADULT LAP SWIM 5:15 - 6:55 am		
	JUST THE GUYS 7:00 - 8:00 am		JUST THE GUYS 7:00 - 8:00 am	JUST THE GUYS 7:00 - 8:00 am	ADULT LAP SWIM 7:00 - 9:00 am	ADULT LAP SWIM 7:00 - 9:00 am
FIT HAPPENS A.M. 8:30 - 9:30 am	WATER WALKING 8:30 - 9:30 am	FIT HAPPENS A.M. 8:30 - 9:30 am	WATER WALKING 8:30 - 9:30 am	FIT HAPPENS A.M. 8:30 - 9:30 am		
FOR THE LOVE OF FIT 9:45 - 10:45 am		FOR THE LOVE OF FIT 9:45 - 10:45 am		FOR THE LOVE OF FIT 9:45 - 10:45 am		
ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm		
FIT HAPPENS P.M. 5:30 - 6:30 pm			FIT HAPPENS P.M. 5:30 - 6:30 pm			
FAMILY/LAP SWIM 7:00 - 8:00 pm	FAMILY/LAP SWIM 7:00 - 8:00 pm	FAMILY/LAP SWIM 7:00 - 8:00 pm	FAMILY/LAP SWIM 7:00 - 8:00 pm			

- Lap Swim is included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. *Must register for Water Fitness Classes.*
- Family/Open Swim is included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. *Must register for Water Fitness Classes.*
- Interested lap swimmers under 18 must get permission to attend Adult Lap Swim. Contact Nathaniel at (309) 944-5695.

### INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown **June 27 - July 10, 2022** for Annual Maintenance.

#### MEMBER ONLY ADULT LAP SWIMMING AND WATER WALKING

*at the John & Carla Edwards Aquatic Center is available during the Indoor Pool Shutdown*

June 27 - July 10, 2022 MONDAY - FRIDAY *Not held 7/4*

5:15 - 7:00 am

*Participants must be 18 years or older and have either a Community Center, Aquatic Center or Park District Membership*

### WATER FITNESS CLASSES

Try a different Water Fitness Class for *free* each month thanks to the Geneseo Park District Foundation.

**PLEASE REGISTER ONLINE OR AT THE CENTER.**

**FIT HAPPENS P.M. (H) #15508**

5:30 - 6:30 PM

THURSDAYS JUNE 2 - 23, 2022

This high intensity, total body workout will utilize the entire pool.

**WALK THE WATER (L) #15509**

8:30 - 9:30 AM

TUESDAYS JULY 12 - 26, 2022

Water walking burns calories, increases muscle tone and improves cardiovascular health. A variety of options are offered to achieve the level of intensity desired.

**FOR THE LOVE OF FIT (L) #15504**

9:45 - 10:45 AM

FRIDAYS AUGUST 5 - 26, 2022

Increases range of motion at the joints in order to improve posture, balance and mobility.