



2017 Summer Schedule

July 1 2017 - September 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/STAT
6 am - 9 am Morning Lane Swim		6 am - 9 am Morning Lane Swim		6 am - 9 am Morning Lane Swim		
9 am - 12 pm Swimming Lessons						
12 pm - 1 pm Lane Swimming						
1 pm - 5 pm Public Swim						
5 pm - 6:30 pm Swimming Lessons						
6:30 pm - 9:30 pm Public Swim						

Lane Swimming: Lane swim is a great way to stay in shape and improve your technique. We have three double wide lanes for fast, medium, and slow swimmers.

Lessons: Due to the busy nature of the pool both the lap and leisure pool are closed during lessons. Come enjoy a soak in the hot tub or try out the steam room or sauna.

Public Swim: During our Public Swim times everything is open and available for use: waves, three story waterslide, climbing wall, diving board, and lazy river. We do not reserve lane space during these swims as the climbing wall is open.

Admission Fees

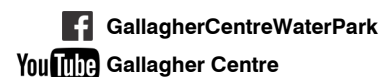
Leisure Swim Admission

Preschool (0 - 2 years).....	FREE
Child (3 to 6 years)	\$4.50
Youth (7 to 17 years)	\$5.50
Adult (18+ years).....	\$7.50
Combo Pack	\$20.00
<i>(4 patrons: min. 1 adult, max. 2 adults)</i>	
Mega Pack.....	\$25.75

Water Park Passes

Child (3-6 years)	\$22/month	\$220/year
Youth (7-17 years)	\$27/month	\$270/year
Adult (18+ years)	\$45/month	\$450/year
Family	\$90/month	\$900/year
Water Park for free with an adult pass holder. (2 children per one adult only)		

For information about our admission process please see the reverse.



Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am - 7:45 am Boot Camp		7 am - 7:45 am Boot Camp		7 am - 7:45 am Boot Camp	
9 am - 10 am Regular Aquacize	9 am - 10 am Shallow Aquacize	9 am - 10 am Regular Aquacize	9 am - 10 am Shallow Aquacize	9 am - 10 am Regular Aquacize	
12 pm - 1 pm Arthritis Aquacize	12 pm - 1 pm Regular Aquacize	12 pm - 1 pm Arthritis Aquacize	12 pm - 1 pm Regular Aquacize	12 pm - 1 pm Arthritis Aquacize	12 pm - 1 pm Regular Aquacize
6:30 pm - 7:30 pm Shallow Aquacize		6:30 pm - 7:30 pm Deep Aquacize		6:30 pm - 7:30 pm Shallow Aquacize	

Boot Camp: Boot Camp Aquacize is a high intensity early morning workout. Perfect for those looking to start their day on the right foot.

Regular & Shallow Aquacize: Both our Regular and Shallow Aquacize gives the participant the option to work at a transitional depth. Excellent cardio, strength and flexibility training. Suitable for everyone. Regular Aquacize is in the Wave Pool while Shallow Aquacize is in the Lap pool.

Arthritis Aquacize: Helps to relieve pain, maintain or increase range of motion, strengthen weak muscles and improve circulation. This class is for those seeking injury rehabilitation, arthritis joint therapy or those wishing to improve their strength and range of motion.

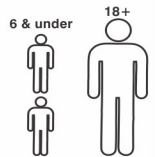
Deep Aquacize: This class occurs in deep water. Focus on using the waters resistance for core, cardio and strength. Float belts provided.

Par-Q and you! In order to provide a safe exercise environment we require all participants to fill out a short Par-Q form. If you are new to Aquacize at the GCWP or have not filled out a form previously talk to your instructor at your next class to get a copy.

NEW on July 4th! Swim Admission Process

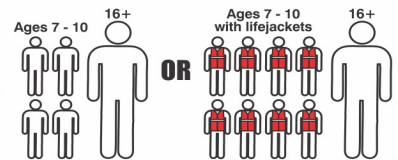
RED Bands

- All children 6 and under MUST be accompanied by a parent/guardian (18+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 2 children per each parent/guardian (1:2)



YELLOW Bands

- Children 7 to 10 years MUST be accompanied by a parent/guardian (16+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 4 children per each parent/guardian (1:4)



GREEN Bands

- Children 7 to 10 years who pass the Waterpark Admission Swim Test MAY swim unaccompanied
- Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Waterpark Admission Swim Test

