

Leisure Pool

Lap Lanes Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.							
7:00 a.m.							
8:00 a.m.	Aquatic Based Physical Therapy JoC	Aquatic Based Physical Therapy		Aquatic Based Physical Therapy Sue B			
9:00 a.m.	*Yo-Qua Maureen	Water Aerobics	*Yo-Qua Maureen	Water Aerobics Darlene	*Yo-Qua Maureen		
10:00 a.m.	Water Aerobics 10:15-11:30 Drop-In		Water Aerobics 10:15-11:30 Drop-In		Water Aerobics 10:15-11:30 Beverly		
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.				*Cancer Fit 2:15-3:30			
3:00 p.m.	Durango Swim Club 3:30-4:15	Durango Swim Club 3:30-4:15	Durango Swim Club 3:30-4:15	Durango Swim Club 3:30-4:15			
4:00 p.m.	Swim Lessons 4:30-6:30	Swim Lessons 4:30-6:30	Swim Lessons 4:30-6:30	Swim Lessons 4:30-6:30			
5:00 p.m.	Water Aerobics 5:30-6:30 Darlene		Water Aerobics 5:30-6:30 Darlene	tAQUAta 4:30-5:30	Water Aerobics 5:30-6:30 Darlene		
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
8:30 p.m.							

***The Vortex area will be closed to all kids until 10:00 a.m. Monday through Friday.
The pool toys and slide will be turned off during our swim lessons.***

Aquatic Based Physical Therapy	This class offers aquatic based therapy in the Leisure Pool for people with spine and orthopedic problems. A Licensed Physical Therapist provides a functional exercise approach to improve core strength as well as trunk, hip and shoulder mobility. The class is included in the daily entry fee.
Water Aerobics	Energetic, full body workout. Begins in the Lap Pool with 45 minutes of low impact aerobics and resistance exercises in a circuit training format. Concludes in the warm pool with 10 minutes of full range stretches.
tAQUAta	“Tabata” gets wet in this fun High Intensity Interval Training workout in deep water with belts. This is a complete body blast that will boost your cardio, strength, core and flexibility. Designed for all fitness levels.
*Yo-Qua	Yoga for “Every Body” takes place in the warm, enabling water of the Leisure Pool. Discover the many benefits of yoga in the “can do” environment of warm water. No prior yoga experience required. This is an extra fee class. ***\$8/class or \$7/class when purchasing 5 or more punches***
Drop-In Water Aerobics	This class does not have a certified instructor. Get together for a social workout.
*Cancer Fit	This program is dedicated to providing cancer survivors with a exercise program in a healthy and positive environment. The exercises are designed to aid in the recovery and general fitness during and after treatment. Contact JoC at 375-7308 or Joc.soignier@durango.gov for additional information. ***This is an additional fee program***