

# Webb's Pool Happenings Schedule

## Winter 2020

We were chosen as the #1 Aquatic program in state by the U.S. Water Fitness Association

**Sunday** – Club is open: 7am-7pm **You can get in pool anytime..just so you know what happens today....**

8-8:30 – uses 1 double lane Swim Lesson w/ Tim (30 mins) – 4 lanes available for laps

8:45-9:45am Wateraerobics - uses 5 or 6 of the 6 lanes. You are welcome to swim width wise laps in deeper end OR use the waterbelt in deeper end OR join in the class & burn 600 calories!! Most often all 6 are used.

10:00-12:30 Swim Lessons with Evan Baxter – uses the one big lane. 4 lanes available for laps.

Evan's lessons on: Jan 12, (*not 19*), 26, Feb 2, 9, (*not 16*), 23, Mar 1, 8, 15, 22

1:00-2:00pm Swim Team – uses all 6 lanes Jan 12, (*not 19*), 26, February 2, 9, (*not 16*), 23, March 1, 8, 15

5:30-6:30pm Family Swim utilizes the big double lane; 4 lanes available for laps. Any member may bring his/her child(ren under age 12 to swim together for a special family time during the Family Swim Hour (*except Matinee members as they use club only 8:30-5:30. Matinees are welcome for \$5 pp*)

6:30-7:00pm Competitive Swim Team training uses 3-4 lanes 6:30-6:45 (club closes at 7 so all members must be out of pool at 6:45pm). Swim Team stays in as they practice until 8/8:30pm.

**Monday**- open: 5:30am-10pm **You can get in pool anytime..just so you know what happens today....**

9:15-10:15am Wateraerobics - all 6 lanes are used, but history has shown that many of those who love to swim laps have found a new vertical workout in the pool by putting on a waterbelt and exercising in the pool! Great music, ....shallow end or deep, you'll burn 600 calories in class!!

4:30-5:30 Swim Lessons w/ Tim\_–uses 1 lane or big double lane if 2-3 children; If Tim only has 1 child/adult & you seek the double-lane, he is so nice & will share it w/ you or slide over to a single lane if only 1 person in lesson.

5:30-6:30 Swim Team w/ Bill uses only the big double lane; 4 lanes available for laps

6:30-8:30 Competitive Swim Team Training - uses 4-5 lanes, thus 1-2 available for laps... ALWAYS let the nice coach know you are here. They only use 4-5 lanes BUT if no member is here to swim they sometimes grab an extra lane or 2....but Coach Bill is very nice and will slide his swimmer back over.

**Tuesday**- 5:30am-10pm **You can get in pool anytime..just so you know what happens today....**

8:45-9:30 Waterbelt and Easy Does It Wateraerobics - utilizes 6 lanes; so join in for a great vertical workout!

4:00-5:00 Swim Lessons w/ Tim\_–uses 1 lane or big double lane if 2-3 children; If Tim only has a child/adult & you seek the big double lane, he is very nice & will share it with you or slide over to a single lane if only 1 person in lesson.

5:30-6:30pm Wateraerobics - uses all 6 lanes but history has shown that many of those who love to swim laps have found a new vertical workout in the pool by putting on a waterbelt and exercising in the pool! Great music....shallow end or deep, you'll burn 600 calories in class!!

6:45-8:30 Competitive Swim Team Training - uses 4-5 lanes, thus 1-2 lanes available for laps. ALWAYS let the nice coach know you are here. The team only uses 4-5 lanes BUT if no one is here they sometimes grab an extra lane or 2....but Coach Bill is very nice and will slide his swimmer back over.

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Turn for more>>>>>>>>>>

**Wednesday** - 5:30am-10pm **You *can* get in pool anytime..just so you know what happens today....**

9:15-10:15 Wateraerobics - all 6 lanes are used, but grab a waterbelt and try a deeper end vertical water workout OR join in the class. Burn off mega calories: try 500-650!!

1:30-2:30 & 3:15-6 Swim lessons..1-4 children; uses big lane. 4 available for laps. Jan 15, 22, 29, Feb 5, 12, (not 19), 26, March 4, 11, 18

6:00-6:30 Swim Team w/ Bill uses only the big double lane; 4 lanes available for laps

6:30-8:30 Competitive Swim Team Training uses 4-5 lanes, thus 1-2 lanes available for laps. ALWAYS let the nice coach know you are here. The team only uses 4-5 lanes. BUT if no one is here they sometimes grab an extra lane or 2....but Coach Bill is very nice and will slide his swimmer back over. They often dry-land train 6:30-7:15pm, then they come in pool.

**Thursday** - 5:30am-10pm **You *can* get in pool anytime..just so you know what happens today....**

5:45-6:45am 2 lanes maximum swim team members *occasional* practice session w/ Coach Bill. Thus 4 available for laps

8:45-9:30 Waterbelt/Easy Does It Wateraerobics - uses 6 lanes; join in the fun! Burn 5-600 calories!

10:30-11 and 4:30-5:15pm Swim lessons; uses big lane; 4 available for lap Jan 16, 23, 30, Feb 6, 13(not 20), 27, March 5, 12, 19.

5:30-6:30 Wateraerobics - uses 4-5 of 6 lanes; thus 1 (maybe 2) available for laps. Join in or swim your laps!

6:45-7:45pm Swim Team—all lanes used Dates: Jan 16, 23, 30, Feb 6, 13(not 20), 27, March 5, 12, 19

**Friday** - 5:30am-8pm **You *can* get in pool anytime today. Read on, so you know what is going on:**

9:15-10:15 Wateraerobics - uses all lanes, but you can either join in and burn 600 calories OR use a waterbelt.. fun 😊

1:30-4:00 and 4:30-5:15 Swim lessons; uses big lane; 4 available for laps. Jan 17, 24, 31, Feb 7, 14 (not 21), 28, March 6, 13, 20

6:30-7:30 Family Swim - uses only the big double lane; thus 4 lanes available for laps.

**Saturday** - 7am-7pm **You *can* get in pool anytime today....but note that:**

8:00-8:30 – uses 1 double lanewim Lesson w/ Tim (30 mins) – 4 lanes available for laps

8:45-9:45 Wateraerobics - all 6 lanes are used, but lapswimmers are welcome to swim width-wise or use waterbelt in deeper end or join in and have a ball!!

10:00-1 Swim lessons with Meg 10-11:30/Tim 1:30-12:30; uses big lane; 4 available for laps: Jan 11 (not Jan 18), Jan 25, Feb 1, 8, (not 15), 22, 29, Mar 7, 14, 21

12:45-2:15 *occasionally* ½ of the pool (3 lanes) may be used for Coach Bill's small group swim training session OR 3 lanes may be rented for a birthday party group; still leaving 3 lanes available for laps

3:00-4:45 Swim lessons with Janinia; uses big lane; 4 available for laps. Jan 11 (not Jan 18), Jan 25, Feb 1, 8, (not 15), 22, 29, Mar 7, 14, 21

5:30-6:30 Family Swim - uses the big double lane; thus leaving 4 lanes available for laps.

Enjoy your time in the beautiful pool.  
All good health to you and yours,

Amy & Greg Webb