<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>5:15am-6am</td>
<td>*Lap Swim *Adults Only</td>
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<tr>
<td>6am-7am</td>
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<td>*Lap Swim *Adults Only</td>
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<td></td>
<td>*Coached Swim 6:30-7:30 *2 Lap Lanes</td>
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<td>7am-8am</td>
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<td>*Pool Opens at 7am</td>
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<tr>
<td>8am-9am</td>
<td>*Aquafit 7:45-8:30</td>
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<td>*Aquafit 8:45-9:30</td>
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<td>*Aquafit 8:45-9:30</td>
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<tr>
<td>9am-10am</td>
<td>*Aquafit 8:45-9:30</td>
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<td>12pm-1pm</td>
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<td>1pm-2pm</td>
<td>*Lap Swim *Adults Only</td>
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<td>*Lap Swim *Adults Only</td>
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<td>2pm-3pm</td>
<td>*Open Swim</td>
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<tr>
<td>3pm-4pm</td>
<td>*Group Lessons *Lap Pool</td>
<td>*Group Lessons *Lap Pool</td>
<td>*Group Lessons *Lap Pool</td>
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<td>4pm-5pm</td>
<td>*Laps *Adults Only @5pm</td>
<td>*Laps *Adults Only @5pm</td>
<td>*Laps *Adults Only @5pm</td>
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<tr>
<td>5pm-6pm</td>
<td>*Aqua Zumba 5:30-6:15</td>
<td>*Aquafit 5:30-6:15</td>
<td>*Aquafit 5:30-6:15</td>
<td>*Laps *Adults Only</td>
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<td>6pm-7pm</td>
<td>*Laps *Adults Only</td>
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<td>7pm-Close</td>
<td>*Pool Closes at 9:30pm</td>
<td>*Pool Closes at 9:30pm</td>
<td>*Pool Closes at 9:30pm</td>
<td>*Pool Closes at 9:30pm</td>
<td>*Pool Closes at 8:30pm</td>
<td>*Pool Closes at 7:30pm</td>
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-Adult Only Hours M-F(5:15am-9am, 11:30am-1:30pm) M-Th(5pm-7pm)

-Family Friendly Hours M-Th(9am-11:30am, 1:30pm-5pm, 7pm-Close) F(9am-11:30am, 1:30pm-Close)

Saturday and Sunday (All Day)
Class Information

Group Fit- The Ridge offers several in water exercise classes, which are easy on the joints and a great workout

Aquafit: A fun class that offers low impact alternatives to traditional land exercises, which are adapted for the pool. Designed for all levels of fitness, this class varies in intensity levels to increase endurance, power, and strength

Aqua Zumba: An aquatic variant of the high energy Latin dance class. It’s fun, easy, and effective!

Group Lessons- Our lessons use skill progressions that ensure ongoing success and learn lifelong swimming skills

Clamdiggers (M/W 4-4:30pm) (Saturday 9:30-10am)
Clamdiggers is a beginner level class for participants aged 3 and up, who are new to the water or swim lessons. Class focus will be learning how to blow bubbles and do bobs, as well as comfort on both front and back floating positions.

Turtles (M/W 4-4:30pm) (Saturday 9:30-10am)
Turtles is a class for children who have either passed the Clamdigger level, or have some experience in the water, and are comfortable with submerging their heads and doing basic floats. In Turtles, participants will begin working on moving themselves through the water using basic kicks, and learning to float unassisted.

Starfish (M/W 4:30-5pm) (Saturday 10-10:30am)
The Starfish level is for participants who are comfortable floating on both their back and their front independently, and have begun to move through the water using basic kicks. In Starfish, children will begin working on basic arm strokes on both the front and back, as well as basic recovery techniques in both the deep and shallow ends of the pool.

Crocodiles (M/W 4:30-5pm) (Saturday 10-10:30am)
The Crocodile level is for participants who are comfortable in the water and have demonstrated the skills to move themselves independently. In Crocodiles, participants will work on unassisted freestyle and backstroke, as well as learning basic breaststroke kick.

Surfers (M/W 5-5:30pm) (Saturday 10:30-11am)
The Surfer Level is for participants who are able to demonstrate competent movement through the water using proper freestyle and backstroke strokes. In Surfers, children will begin learning proper freestyle breathing patterns, and the dolphin and breaststroke kicks. Children will also begin learning proper diving form from the side.

Barracudas (M/W 5-5:30pm) (Saturday 10:30-11am)
The Barracuda Level is the highest group level offered by the Ridge, and is meant for participants who have shown good technique and form in both the freestyle and backstroke. In Barracudas, children will learn flip turns for the Freestyle, and butterfly and breaststroke progressions. At the end of Barracudas, children should be prepared for most aquatic situations, and have the option to advance with either a competitive team or the Ridge Aquatic Club.

Ridge Aquatic Club (Tu/Th 4:15pm)
The Ridge Aquatic Club is a non-competition swim team designed for kids who are at the Surfer level or above, or who can swim one full length of both Freestyle and Backstroke unassisted and without stopping. Participants will work on swim team skills and drills, as well as learning both the Breaststroke and Butterfly, and how to read both a set and pace clock. Practices will be 45 minutes long, and will follow a similar plan to a competition team.

Pool Information

Lap Pool
Average Temperature: 86 Degrees Fahrenheit
Classes: Aquafit, Aqua Zumba, Group Lessons, Private Lessons, Coached Swim, Specialty Programs
Length: 20yds (~83 Lengths to swim a mile)
Depth: 2.5 feet-5 feet

Therapy Pool
Average Temperature: 89 Degrees Fahrenheit
Classes: Aquafit, Private Lessons, Parent-Tot
Depth: 4 feet- 5.5 feet

Spa
Average Temperature: 102 Degrees Fahrenheit
Depth: 3 feet

*Edited: 12/12/18