

Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15am-6am	Lap Swim *Adults Only <i>Coached Swim</i> 6:30-7:30 *2 Lap Lanes	Lap Swim *Adults Only				*Pool Opens at 7am		
6am-7am								
7am-8am								
8am-9am	<i>AquaFit</i> 7:45-8:30				<i>AquaFit</i> 8:15-9:00		Open Swim Parent-Tot *Therapy Pool Group Lessons *Shallow Pool Open Swim All Day	
9am-10am	<i>AquaFit</i> 8:45-9:30		<i>AquaFit</i> 8:45-9:30		<i>AquaFit</i> 8:45-9:30	Open Swim		
10am-11am	Open Swim <i>Parent Tot</i> 10:30-11 *Therapy Pool	Open Swim	Open Swim <i>Parent Tot</i> 10:30-11 *Therapy Pool	Open Swim	Open Swim			
11am-12pm	Lap Swim *Adults Only				Open Swim			
12pm-1pm								
1pm-2pm								
2pm-3pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
3pm-4pm	<i>Group Lessons</i> *Lap Pool *Adults Only @5pm	Laps *Adults Only	<i>Group Lessons</i> *Lap Pool *Adults Only @5pm	Laps *Adults Only				
4pm-5pm								
5pm-6pm	<i>Aqua Zumba</i> 5:30-6:15	<i>AquaFit</i> 5:30-6:15	<i>AquaFit</i> 5:30-6:15	Laps *Adults Only				
6pm-7pm	Laps *Adults Only	Laps *Adults Only	Laps *Adults Only					
7pm-Close	*Pool Closes at 9:30pm	*Pool Closes at 9:30pm	*Pool Closes at 9:30pm	*Pool Closes at 9:30pm	*Pool Closes at 8:30pm	*Pool Closes at 7:30pm	*Pool Closes at 7:30pm	



-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