

Jensen Beach Aquatic Schedule

Martin Health and Fitness at the Treasure Coast Medical Pavilion
3496 N.W. Federal Hwy., Jensen Beach, FL 34957
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Feb 2015



MARTIN HEALTH SYSTEM
Health & Fitness Centers

LAP POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open – 8 a.m.	Open Swim – All Lanes					
8 a.m.	Aqua FIT Mary	Tabata H2O Ute	Aqua FIT Linda	Aqua FIT Mary	8 – 9 a.m. Aqua FIT Mary	8 a.m. – 2:15 p.m. Swim Lessons**
9:15 a.m.	Core H2O Mary	Core H2O Ute	Aqua Zumba Linda	Core H2O Mary	9:15 – 10 a.m. Aqua Volleyball (Far End of Pool) Core H2O Mary (Near End of Pool)	
10:15 a.m. – Close	Open Swim – All Lanes					2:15 – 5 p.m. Open Swim

ROUND POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	Rehab	Open – 11 a.m. Open Swim	Rehab	Open – 10 a.m. Open Swim	Rehab	8 a.m. – 2:15 p.m. Swim Lessons**
10 a.m.				Ai Chi Therapy Ute	Ai Chi Therapy Ute	
11 a.m.	Liquid Healing Rose	Liquid Healing Rose	Aqua Arthritis Rose	Ai Chi Therapy Ute	Ai Chi Therapy Ute	
12 p.m.	Ai Chi Therapy Rose	Aqua Arthritis Rose	Ai Chi Therapy Rose	12 – 1:30 p.m. Open Swim	Open Swim	
1 p.m.	Rehab	Rehab	Rehab	1:30 p.m. Rehab	Rehab	2:15 – 5 p.m. Open Swim
4:15 p.m. - Close	Open Swim					

For all fitness information or to fill out the instructor survey, please visit martinhealth.org/fitness

Pool Rules

- The group swim classes are a first come, first serve basis. The Round Pool classes are limited to 16 people.
- The pool is **not** open during water aerobic classes. If the class is small, a lane may be open at the instructor's discretion.
- * During open swim, the pool is open to members, but there may be other activities going on in the pool, such as private swim lessons or Watsu (massage in the water). **There may be one lane sectioned off exclusively for private swim lessons.**
- ** Pools are closed during kids' swim lessons. **The hot tub is closed when there are swim lessons in the therapy pool.** During adult swim lessons, one lane remains open for lap swimmers. Private swim lessons for adults or children are also available—please ask us about private lessons!
- Aquatic area rules and guidelines are posted in the pool area. Please follow these guidelines while using the aquatic center. Aquatic shoes are required during water classes. No one under age 12 is allowed in the pool unless in a swim class. Members aged 12-14 may swim with parental supervision only.
- Bring a friend! Non-members can join a class for \$12 a day. 11am and 12:30pm classes have a \$5 non-member per-class fee.

Class Descriptions

Open Swim: All members may use the lap pool to swim laps.

Therapy Level 1:

Aqua Arthritis : This class is designed to bring temporary relief of arthritis, muscular and joint pain using slow movements, range of motion activities and flexibility exercises.

Ai Chi Therapy: Similar to Tai Chi, this form of aquatic exercise is designed to strengthen and tone the body while also promoting relaxation and a healthy mind-body relationship.

Liquid Healing: Slow, controlled range of motion exercises for your entire body using water noodles, water weights and aerobic movements. Coordination, balance, and increased flexibility are additional fitness components that are addressed as you sink into the heated warm water environment.

Fibromyalgia: This class is designed to focus on stretching, range of motion, relaxation and balance. You will use noodles and splash boards to strengthen your muscles.

Aerobic Level 2:

Aqua FIT: This fun aqua fitness class combines the benefits of aerobic conditioning, resistance training and stretching and is suitable for all ages and abilities.

Core H2O: Using the core strengthening movements of Pilates and Yoga, this class will focus on stabilizing the abdominals and lower back to help eliminate back pain and lose inches.

Tabata H2O: An interval workout (20 sec. of hard work, 10 sec. recovery) repeated for 30 minutes. This workout is designed to increase your heart and burn fat.

Aqua Zumba® : Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine by blending the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! The benefits are less impact on your joints class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Aqua Volleyball: Come and play volleyball with other members for this hour of great fun. This class does not have an instructor so play at your own risk.

Swim Lesson Description:

*All participants must register and pay at the front desk. All registration materials are available on martinhealth.org/swim

P/C: Parent and Child 6 mo. – 3 yrs.

Toddler: Preschool 3 – 4 yrs.

Level 1: Introduction to Water Skills

Level 1-2: Fundamental Aquatic Skills

Level 3-4: Stroke Development and Improvement

Level 5: Swim Team and Stroke Refinement

Fitness Center Hours				Child Care Hours			
Mon – Thurs	Fri	Sat	Sun	Mon & Wed	Tues & Thurs	Fri	Sat
5 am – 9 pm	5 am – 8 pm	7 am – 5 pm	8 am – 3 pm	8:30 – 11:45 am 4:15 – 7:15 pm	8:30 – 11:45 am 4:15 – 7:15 pm	8:30 – 11:45 am	8:30 – 11:45 am
Martin Health and Fitness Centers offer free child care for members while they exercise. Please contact the center where you exercise to learn about child age requirements, supplies you must bring, registration and other guidelines. Child care staff is trained in CPR. Children must be one year of age or older.							