

March Aqua Schedule

Beyond Fitness Pentz & Skyway
Pentz Rd. Indoor Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30am	EXERCISE TIME 4:30-8:30	EXERCISE TIME 4:30-10:30	EXERCISE TIME 4:30-8:30	EXERCISE TIME 4:30-10:30	EXERCISE TIME 4:30-8:30	
7:00am						EXERCISE TIME 7:00-1:00
8:30am	STRONG CURRENTS Noelle		STRONG CURRENTS Noelle		STRONG CURRENTS Deanna	
9:30am	EXERCISE TIME 9:30-10:00		EXERCISE TIME 9:30-10:00		EXERCISE TIME 9:30-10:00	
10:00am	SUPER SPLASH Noelle	AQUA 101 10:30-11:30 Clare	SUPER SPLASH Noelle	AQUA 101 10:30-11:30 Clare	SUPER SPLASH Deanna	
11:00am	Friendly Wave Roxy	Exercise Time 11:30-1:00	Friendly Wave Roxy	Exercise Time 11:30-1:00	Friendly Wave Roxy	
12:00pm	Exercise Time 12:00-1:00pm		Exercise Time 12:00-1:00pm		Exercise Time 12:00-1:00pm	
1:00pm	ADULT QUIET TIME 1:00-2:00	ADULT QUIET TIME 1:00-2:00	ADULT QUIET TIME 1:00-2:00	ADULT QUIET TIME 1:00-2:00	ADULT QUIET TIME 1:00-2:00	FREE SWIM 1:00 - 4:30
2:00pm	EXERCISE TIME 2:00-3:00	EXERCISE TIME 2:00-3:00	EXERCISE TIME 2:00-3:00	EXERCISE TIME 2:00-3:00	EXERCISE TIME 2:00-3:00	
3:00pm	PARADISE PIRANHAS PRACTICE 3:00-3:45	FREE SWIM 3:00 - 9:30	FREE SWIM 3:00-5:45pm	FREE SWIM 3:00 - 9:30	PARADISE PIRANHAS PRACTICE 3:00-3:45	
3:45pm	FREE SWIM 3:45 - 5:45				FREE SWIM 3:45 - 7:30	
5:45pm	SPLISH SPLASH 5:45 - 6:30		SPLISH SPLASH 5:45 - 6:30			
6:30pm	AQUA POWER Pat		AQUA POWER Pat			
7:30pm	FREE SWIM 7:30 - 9:30		FREE SWIM 7:30 - 9:30			

Pentz Rd. Outdoor Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30am	LAP SWIM R. P. 4:30am- 3:00pm	LAP SWIM R. P. 4:30am-9:30pm	LAP SWIM R. P. 4:30am- 3:00pm	LAP SWIM R. P. 4:30AM-9:30PM	LAP SWIM R. P. 4:30am- 3:00pm	LAP SWIM R. P. 7am - 4:30pm
3:00pm	PARADISE PIRANHAS SWIM PRACTICE 3:00 - 6:00pm		PARADISE PIRANHAS SWIM PRACTICE 3:00 - 6:00pm		PARADISE PIRANHAS SWIM PRACTICE 3:00 - 6:00pm	
6:00pm	LAP SWIM R. P. 6:00- 9:30		LAP SWIM R. P. 6:00-9:30		LAP SWIM R. P. 6:00- 7:30	

*ALL Pools close 30 minutes prior to closing

Skyway Pools

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30am	OPEN LAP SWIM 4:30 - 9:30PM	OPEN LAP SWIM 4:30 - 9:30pm	OPEN LAP SWIM 4:30 - 9:30pm	OPEN LAP SWIM 4:30 - 9:30pm	OPEN LAP SWIM 4:30 - 9:30pm	OPEN LAP SWIM (Aqua Pool) 7:00 - 6:30pm

(SKY) = outdoor pool at Skyway (PZ) = indoor pool at Pentz R.P. = reservation priority for outdoor pool at Pentz
Schedule for March 3rd- April 6th. Schedule is subject to change.

Aqua Class Descriptions

Adult Quiet Time - The indoor pool is used for quiet water exercise. Please no aggressive movement in the water. Basic consideration for others who may be in the pool is asked of members at all times.

Aqua 101 - This class will focus on functional movement and body mechanics for your everyday life!

Aqua Power - Be empowered in this low impact, high energy water workout for your entire body.

Exercise Time - Adults are welcome to participate in self-guided water exercises. Please check aqua equipment out at the front desk.

Fitness Swim - This class is for experienced swimmers who are looking to improve their technique through different training exercises.

Free Swim - All ages are invited to come and play, splash and enjoy our pool. Posted pool regulations must be followed at all times.

Friendly Wave - Enjoy the serenity of water's soothing and calming atmosphere in a friendly class, while working out with an experienced instructor.

Open Lap Swim - Lap pool available Monday through Friday 4:30 - 9:30pm and Saturday/Sunday from 7:00 - 6:30pm with no reservations necessary.

Strong Currents - This class is a challenging morning workout that encompasses cardiovascular conditioning, muscle sculpting, flexibility, and fat burning.

Super Splash - This class combining aerobic exercise and resistance training will take your workout to the next level.

Splish Splash - Water fun in the winter! Kids five and up will develop aqua skills, social skills, and have a blast through various water games. This class is staff instructed. Parents please provide all swim attire including towels, goggles are optional, and life jackets are allowed.

Paradise Piranhas Swim Practice - Will be practicing between 3:00 - 6:00pm mon/wed/fri in the Pentz outdoor pool and 3:00 - 3:45pm mon/fri in the Pentz indoor pool - making the pool unavailable for swimmers. This practice is for all levels of children up to age sixteen. Students will be expected to either know or learn four competitive swim strokes: 1) freestyle, 2) backstroke, 3) breaststroke, 4) butterfly. To register your child into the competitive swim team and get more information please visit www.paradisewimteam.com

7224 Skyway, Paradise (530) 877-7500
Club Hours: M – F 4:30am – 10pm Sat/Sun 7am – 7pm

6854 Pentz Rd, Paradise (530) 872-2232
Club Hours: M – Th 4:30am – 10pm, Fri 4:30am – 8:00pm, Sat 7am – 5pm, Sun Closed

***Pools Close 30 minutes prior to club closing**