



SARASOTA CITY BRANCH

EFFECTIVE: 11/6/2023

INDOOR LAP POOL

OPEN SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9AM OPEN SWIM	5:00-9AM OPEN SWIM	5:00-9AM OPEN SWIM	5:00-9AM OPEN SWIM	5:00-9AM OPEN SWIM	7:30-9AM OPEN SWIM	9AM-3:30PM OPEN SWIM
9-10AM* WATER IN MOTION JULIE	9-10AM* H2O BLAST JULIE	9-10AM* AQUA FIT JULIE	9-10AM* H2O BLAST CAROL	9-10AM* WATER IN MOTION SHARON	9-10AM* H2O BLAST JULIE	
10AM-5PM OPEN SWIM	10AM-5PM OPEN SWIM	10AM-5PM OPEN SWIM	10-11AM* WATER IN MOTION JULIE	12:30-7:45PM OPEN SWIM	10AM-12PM SWIM SCHOOL LIMITED LAP LANES	UPCOMING SWIM SCHOOL SESSIONS: NOV 27-DEC 23
5-7PM SWIM SCHOOL LIMITED LAP LANES	5-7PM SWIM SCHOOL LIMITED LAP LANES	5-7PM SWIM SCHOOL LIMITED LAP LANES	11AM-5PM OPEN SWIM		10AM-5:30PM OPEN SWIM	
7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	6:30-7:30PM* AQUA FIT JULIE		*-DURING GROUP CLASSES, BETWEEN 1 TO 6 LANES MAY BE IN USE BY THE CLASS. LAP LANES ARE LIMITED.	
			7-9:30PM OPEN SWIM			





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EFFECTIVE: 11/6/2023

INSTRUCTIONAL POOL

OPEN SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8AM OPEN SWIM	5:00-10AM OPEN SWIM	5:00-8AM OPEN SWIM		5:00-8AM OPEN SWIM	7:30-9:30AM OPEN SWIM	
8-9AM AQUA YOGA ALISON		8-9AM AQUA YOGA ALISON		8-9AM AQUA YOGA ALISON		
9AM-10:30AM OPEN SWIM	10-10:30AM PARENT/CHILD SWIM(\$)	9AM-10:30AM OPEN SWIM	5:00AM-2:00PM OPEN SWIM	9AM-10AM OPEN SWIM	9:30-10AM PARENT/CHILD SWIM(\$)	9AM-3:30PM OPEN SWIM
10:30-11:30AM PHASE 3 JULIE		10:30-11:30AM PHASE 3 JULIE		10-10:30AM PARENT/CHILD SWIM(\$)	10AM-12PM SWIM SCHOOL	
11:30AM-2PM OPEN SWIM	10:30AM-2PM OPEN SWIM			10:30-11:30AM PHASE 3 JULIE		
2-3PM AQUA LITE CAROL	2-3PM PHASE 1 JULIE	11:30AM-5PM OPEN SWIM	2-3PM PHASE 1 JULIE		12-5:30PM OPEN SWIM	UPCOMING SWIM SCHOOL SESSIONS: NOV 27-DEC 23
3-5PM OPEN SWIM	3-5PM OPEN SWIM		3-5PM OPEN SWIM	12:30-7:30PM OPEN SWIM		
5-7PM SWIM SCHOOL	5-7PM SWIM SCHOOL	5-7PM SWIM SCHOOL	5-7PM SWIM SCHOOL			
7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM			

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AQUATIC CLASS DESCRIPTIONS

Swim Lessons:

See SWIM LESSON Flyer
for dates, times, rates,
& additional information.

QUESTIONS:

KEN DIFFENDERFER
ken@coresrq.org
941-955-8194, Ext. 114

Aqua Fit

An intermediate high energy class designed to burn calories and build strength using both shallow and deep ends of the pool.

Aqua Lite

This shallow water aerobic workout features big moves for big results. Enjoy a workout that flows with choreographed movement in this fun yet challenging aquatic fitness class.

Aqua Yoga

Focus is on alignment and posture while strengthening deep core muscles in the safe environment of the warm instructional pool water.

H2O

This intermediate, high energy class is designed for those who like a variety of cardiovascular, muscular, endurance and flexibility training. This class will help increase strength, balance, power and range of motion.

Phase 1

A lite low level shallow water class that takes place in the warm instructional pool. Great for those with Parkinsons or those in rehab. Feel the power as you gain balance and get energized with exercises geared toward balance, range of motion and strength training using water for resistance.

Phase 3

Specific strength and range of motion improvement for people with Arthritis, Parkinson's, Rehab conditions and general aging challenges. Focus on memory, muscle and muscle memory recall.

Water In Motion

Water In Motion is a pre-choreographed, vertical exercise program that meets the cardiovascular and musculoskeletal training needs of aqua participants in under an hour.