

SAC Water Exercise Summer Schedule - Effective June 26, 2017

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Lap Pool Hours and Classes										
M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes	
5:30a-10:15a	7:30 am		7:30 am		7:30 am	7:00 - 10:00a	7:30 - 8:15 am	9:00a-10:00a	9:00-9:50 a	
Adult Swim	Aqua Power Deep (Ithica)		Aqua Power Deep (Ithica)		Aqua Power Deep (Jill)	Adult Swim	Deep Water Fitness (Rotating)	Adult Swim	Water Dynamics (Tina/Kirsten)	
10:15a-3:00p	11:15	9:15 am		9:15 am		10:00a-Noon		10:00a-Noon		
Family Swim	Deep Water Fitness (Anne Marie)	Water Dynamics (Richard) 1 Lane		Water Dynamics (Richard) 1 Lane		Family Swim		Family Swim		
3:00p-5:00p						Noon-4:00p		Noon-4:00p		
Open Swim						Open Swim		Open Swim		
5:00p-7:00p						4:00p-6:00p		4:00p-6:00p		
Family Swim						Family Swim		Family Swim		
7:00p-9:00p						6:00p-8:00p		6:00p-7:30p		
Open Swim						Open Swim		Open Swim		
9:00p-10:30p						8:00p-8:30p				
Fri-9:00-9:30p						Adult Swim				
Adult Swim										

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Exercise Pool Hours and Classes										
M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes	
5:30a-10:15a		* 5:45 am		* 5:45 am		7:00 - 10:00a	* 8:15 - 9:00 am	9:00a-10:00a		
Adult Swim		Water Wake Up (Ann Marie)		Water Wake Up (Ann Marie)		Adult Swim	Shallow Water Fitness (Rotating)	Adult Swim		
10:15a-3:00p	* 9:15 am	* 9:15 am	* 9:15 am	* 9:15 am	* 9:15 am	10:00a-Noon		10:00a-Noon		
Family Swim	Aqua fitness (Vickey)	Water Dynamics (Richard) 1/2 Pool	Aqua HIIT (Jill)	Water Dynamics (Richard) 1/2 Pool	Aqua fitness (Didi)	Family Swim		Family Swim		
3:00p-5:00p						Noon-4:00p		Noon-4:00p		
Open Swim						Open Swim		Open Swim		
5:00p-7:00p		5:30 PM		5:30 PM		4:00p-6:00p		4:00p-6:00p		
Family Swim		Just Add Water (Frank)		Just Add Water (Diana)		Family Swim		Family Swim		
7:00p-9:00p						6:00p-8:00p		6:00p-7:30p		
Open Swim						Open Swim		Open Swim		
9:00p-10:30p						8:00p-8:30p				
Fri-9:00-9:30p						Adult Swim				
Adult Swim										

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Therapy Pool Hours and Classes										
Limited Use means: Available only to adults and children in swim diapers during Open Swim .										
M-Fr Hours	Classes					Sat Hours	Classes	Sun Hours	Classes	
5:30a-10:15a						7:00 - 10:00a	* 9:00am	9:00a-10:00a		
Adult Swim						Adult Swim	Ai Chi (JoAnne)	Adult Swim		
11:15a-3:00p	* 10:15 am	* 10:15 am	* 10:15 am	* 10:15 am	* 10:15 am	10:00a - Noon		10:00a-Noon		
Family Swim	Water Works (Vickey)	H2O Cross Training (Richard)	Aqua Barre Circuit (Jill)	H2O Cross Training (Richard)	Water Works (Tina)	Family Swim		Family Swim		
3:30p-5:00p						Noon-4:00p		Noon-4:00p		
Limited use						Limited use		Limited use		
Open Swim						Open Swim		Open Swim		
5:00-7:00p						4:00p-6:00p		4:00p-6:00p		
Family Swim						Family Swim		Family Swim		
7:00p-9:00p						6:00p-8:00p		6:00p-7:30p		
Limited use						Limited use		Limited use		
Open Swim						Open Swim		Open Swim		
9:00p-10:30p						8:00p-8:30p				
Fri-9:00-9:30p						Adult Swim				
Adult Swim										

Definitions for Adult Swim, Family Swim, and Open Swim are on the back side.

Where there is an asterisk (*) that pool is reserved for the class only.



Sunset Athletic Club

13939 N.W. Cornell Rd. • Portland • 503-645-3535 • www.sunsetac.com



Sunset Athletic Club
Welcome to the Water!

INDOOR AQUATICS CENTER

The Indoor Aquatics Center is open at 5:30 am on weekdays, 7:00 am on Saturdays, and 9:00 am on Sundays. The Aquatic Center closes one half hour before the club each evening.

Swim times are divided into Adult, Family and Open swim categories. Consult the Aquatics Center for a complete schedule.

Adult Swim: *No one under the age of 16 is allowed in the Aquatic Center. -- Not guarded.*

Family Swim: *Those under the age of 16 must be accompanied by an adult in the Aquatic Center. -- Not guarded.*

Open Swim: *Those under the age of 10 must be accompanied by an adult in the Aquatic Center.*

All hours: *Any child under the age of 7, or wearing any type of floatation aid must have a parent/adult in the same pool with them at all times.*

During Water Fitness classes, the Exercise and Therapy pools are for class participants only, and the Lap pool has two lanes open for lap swim.

For your safety
 and in compliance with OAR 333-60-225E
 Spectators are not allowed on pool decks

This is a state regulation; we appreciate your cooperation.

We invite all spectators to view the pools from our viewing deck located on the second floor.

Water Exercise Class Descriptions
<i>Ai Chi</i>
Ai Chi is a movement sequence of water exercises, performed in shoulder deep water, using a combination of deep breathing and slow broad movements in flowing continual patterns promoting relaxation.
<i>Aqua Barre Circuit</i>
Use the barre, noodles and aqua bells to create a challenge for your stability, balance and flexibility. Get long and strong in this Pilates based workout, spiced up with cardio intervals. Class held in the Therapy Pool.
<i>Aqua Fitness</i>
A fun, yet invigorating full body workout done in shallow water. Equipment may be used for resistance and buoyancy. Exercises are modified to be suitable to all abilities.
<i>Aqua HIIT</i>
Burn calories and lose weight in this high-intensity shallow water class. Begin with joint friendly movements and active stretching followed by interval training. Intensity can be modified to match your fitness level.
<i>Aqua Power Deep</i>
Energetic non-impact exercises in deep water designed to strengthen muscles, improve stamina and strength, increase mobility, and bone density. A variety of resistance and flotation equipment is used to increase resistance and stabilize posture. Class held in Lap Pool
<i>Deep Water Fitness</i>
Non-impact exercises in deep water designed to strengthen and tone all muscle groups. Participants use a variety of equipment to stabilize posture and increase resistance. Class held in Lap Pool.
<i>H2O Cross Training</i>
Includes deep and shallow water aerobics, fitness and conditioning. Floatation belts and resistance equipment are used to enhance the safe conditioning opportunity found only in the water. Try it - you'll like it! Class held in Therapy pool.
<i>Just Add Water</i>
The recipe for a healthier you: build endurance, increase flexibility, strengthen muscles, improve physique, fellowship with others, release stress, renew energy, mix all this together and just add water.
<i>Shallow Water Fitness</i>
Total body conditioning in shallow water; exercise equipment and energy determined by the instructor, suitable for all abilities.
<i>Water Dynamics</i>
Non-impact exercises done in shallow and/or deep water utilizing floatation device(s) to stabilize posture for a full body workout that reaps the benefits of water exercise.
<i>Water Wake Up</i>
Give your metabolism a jump start in this early morning class designed to build endurance, increase flexibility, strengthen muscles and get you on your way to a great day.
<i>Water Works</i>
Low intensity, gentle exercises, designed for seniors and those with physical limitations. Class is held in the therapy pool.