

S. A. C. Water Exercise Spring Schedule - Effective Apr.1, 2019

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 Aqua Power Deep (Ithica)	7:30 am Aqua Power Deep (Ithica)			7:30 am Aqua Power Deep (Jill)	7:00 - 10:00a Adult Swim	7:30 - 8:15 am Deep Water Fitness (Rotating)	9:00a-10:00a Adult Swim	9:00-9:50 am Water Dynamics (Rotating)
10:15a-12:30p	11:15 am Deep Water Fitness (Anne Marie)	9:15 am Water Dynamics (Richard) 1 Lane	9:15 am Deep Aqua Interval (Jill)	9:15 am Water Dynamics (Richard) 1 Lane	10:30 am Laps w/ Laura Laura	10:00a-Noon Family Swim		10:00a-Noon Family Swim	
12:30p-5:00p			11:15 Laps with Laura (Laura)			Noon-4:00p Open Swim		Noon-4:00p Open Swim	
5:00p-7:00p				5:15 PM Deep Water Fitness (Jen)		4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p						6:00p-8:00p Open Swim		6:00p-7:30p Open Swim	
9:00p-10:30p						8:00p-8:30p Adult Swim			
Fri-9:00-9:30p									

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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 Water Wake Up (Anne Marie)		* 5:45 am Water Wake Up (Ann Marie)		7:00 - 10:00a Adult Swim	* 8:15 - 9:00 am Shallow Water Fitness (Rotating)	9:00a-10:00a Adult Swim	
		8:15 am Aqua HIIT (Ithica)							
10:15a-3p	* 9:15 am Aqua fitness (Jen)	* 9:15 am Water Dynamics Richard-1/2 Pool		* 9:15 am Water Dynamics (Richard) 1/2 Pool	* 9:15 am Aqua fitness (Jen)	10:00a-Noon Family Swim		10:00a-Noon Family Swim	
3p-5p						Noon-4:00p Open Swim		Noon-4:00p Open Swim	
5:00p-7:00p		5:30 PM Just Add Water (Frank)				4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p				6:00 p.m. Shallow Water Fit. (Jen)		6:00p-8:00p Open Swim		6:00p-7:30p Open Swim	
9:00p-10:30p						8:00p-8:30p Adult Swim			
Fri-9:00-9:30p									

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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 Adult Swim	* 9:00am Ai Chi (JoAnne)	9:00a-10:00a Adult Swim	
11:15a-12:30p	* 10:15 am Water Works (Jen)	* 10:15 am H2O Cross Training (Richard)	10:00 am Aqua Core Stretch (Jill)	* 10:15 am H2O Cross Training (Richard)	* 10:15 am Water Works (Tina)	10:00a - Noon Family Swim		10:00a-Noon Family Swim	
12:30p-5:00p						Noon-4:00p Limited use Open Swim		Noon-4:00p Limited use Open Swim	
5:00-7:00p						4:00p-6:00p Family Swim		4:00p-6:00p Family Swim	
7:00p-9:00p						6:00p-8:00p Limited use Open Swim		6:00p-7:30p Limited use Open Swim	
9:00p-10:30p						8:00p-8:30p Adult Swim			
Fri-9:00-9:30p									

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 Aquatics 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 Core/Stretch</i>
The warmth of the therapy pool creates an ideal environment for this slower paced workout designed to improve core strength and flexibility. A variety of Aqua equipment may be used.
<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 Aqua Interval</i>
Grab a noodle, floatation belt or waterhorse for this 45 min. high energy workout. Meet the challenge with 30 seconds of high intensity (no impact) followed by 75 seconds of moderate intensity exercise to recover.
<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. Flotation 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.

Some brands of swim apparel do not maintain color in pools. Sunset Athletic Club is not responsible for swim suits that fade.

