


AQUATIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 5AM - 5:30AM	Open Swim 5AM - 6AM	Open Swim 5AM - 5:30AM	Open Swim 5AM - 6AM	Open Swim 5AM - 5:30AM	Open Swim 6:30AM - 4PM
Tri-Training 5:30AM - 7AM	HIIT the Water 6AM - 6:45AM	Tri-Training 5:30AM - 7AM	HIIT the Water 6AM - 6:45AM	Tri-Training 5:30AM - 7AM	
Open Swim 7AM - 8:15AM	Open Swim 6:45AM- 5:45PM	Open Swim 7AM - 8:15AM	Open Swim 6:45AM- 5:45PM	Open Swim 7AM - 8:15AM	
Cardio Splash 8:15AM - 9AM		Cardio Splash 8:15AM - 9AM		Cardio Splash 8:15AM - 9AM	
Silver Tsunami 9:45AM- 10:30AM		Silver Tsunami 9:45AM- 10:30AM		Silver Tsunami 9:45AM- 10:30AM	
Open Swim 10:30AM-8PM	Total Body Splash 5:45PM- 6:30PM	Open Swim 10:30AM-8PM <i>*Lap Swimming Only*</i> 5:30PM-6:30PM*	Total Body Splash 5:45PM- 6:30PM	Open Swim 10:30AM - 7PM	SUNDAY Open Swim 9AM - 4PM
	Open Swim 6:30PM - 8PM		Open Swim 6:30PM - 8PM		

Pre-Registration is required for all Aqua Fitness classes.

Check online or call the front desk. 269.429.2101

Equipment is provided for all classes.

Class Descriptions

HIIT the Water: traditional high intensity, interval training, modified for water to take your cardio workout to another level all while building muscle and increasing endurance.

Cardio Splash: high energy, calorie burning, mixture of intervals of cardio, underwater resistance, and targeted strength training. Suitable for all levels and modifications provided if needed.

Silver Tsunami: make some waves and enjoy the company of your fellow seniors in this class designed to increase balance, strength, and range of motion.

Total Body Splash: fun-filled total body workout incorporating mobility, flexibility, balance, and strength training utilizing the natural resistance of the water.

Updated: 1/6/2025

Aquatic Center Information

The Aquatic Center at South Shore Health & Racquet Club has something for everyone. We hope you enjoy your experience. We are committed to your health and safety. With this in mind, please take a moment to read the rules and regulations for the Aquatic Center.

Rules & Regulations

- **The Aquatic Center closes ONE HOUR before the club.**
- **Aquatic Center locker rooms close when the Aquatic Center closes.**
- There is NO lifeguard on duty.
- Children between the ages of 10-14 must pass our swim test to swim during open swim.
(Parents must be in the building)
- Children under the age of 14 are not permitted to use the spa or steam room.
- All guests must enter the pool facing forwards with a feet first entry, no diving is permitted.
- No street shoes are allowed on the pool deck.
- No running or rough housing.
- All guests must shower using soap before entering the pool or spa and after steam room use.
- No food, gum, or glass containers are permitted in the Aquatic Center.

Lane Reservation Policy

In order to be fair to ALL members and guests we ask that you follow these simple rules.

- Lane #1 & 2 are available for reservation up to 1 week in advance
- Reservations may be made using the South Shore App. Please see our Front Service Desk for additional information
- You may also call our Front Service Desk to make reservations.
- Lane #3 is a drop in lane and you may only sign up at our Front Service Desk upon arrival at the club.
- Lane reservations may be made for 1 - 30 minute time in a 6 hour time period per day
- Any swimmer with 3 “no-shows” in a 30 day period may be charged a \$5.00 fee for the missed reservation and may lose reservation privileges
- Lane reservations will only be held for 5 minutes
- Time is kept on our “digital clock” in the Aquatic center.
- Cancellations must be called in to our Front Service Desk at 429-2101.
- The shallow side of our pool is NOT a lap lane. You must yield to any other activity in that area.