

BTSS GROUP FITNESS SCHEDULE - AQUA - FALL 2024 (SEPT/OCT/NOV)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM M/W 7:15-8:00 (ET)	AQUA RESISTANCE TRAINING 7:15-8:15 (ET)	LAP SWIM M/W 7:15 -8:00 (ET)	AQUA RESISTANCE TRAINING 7:15-8:15 (ET)	LAP SWIM 7:15-8:00 (ET)	
POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	
AQUA CIRCUIT 9:30-10:20 (ET)	AQUA ENERGY & FLOW 10:00-11:00 (ET)	AQUA INTERVAL 9:30-10:30 (ET)	AQUA ENERGY & FLOW 10:00-11:00 (ET)	AQUA STRONG & FIT 9:30-10:30 (MBe)	
ENDURANCE CORE & BALANCE 11:00-12:00 (ET)	AQUA BOOT CAMP 11:30-12:30 (ET)	LABLAST SPLASH 11:00 -11:50 (DT)	AQUA BOOT CAMP 11:30-12:30 (ET)	WATER WALKING 11:00-11:50 (ET)	
WATER WALKING 1:30 - 2:15 (ET)	LAP SWIM T/Th 2:00-2:45 (ET)	AQUA FLOW 1:30-2:15 (BS)	LAP SWIM T/Th 2:00-2:45(ET)	OPEN SWIM 1:30 - 2:15 (ET)	
					7/30/24 mb

Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?

Contact Fitness Coordinator Maggie Barclay, mbarclay@bloomfieldtwp.org, Pool Coordinator Ernie Thomas ethomas@bloomfieldtwp.org
Becca Smith, bsmith@bloomfieldtwp.org, or call 248-723-3500

*** (Residency required for some swim sessions)*



Aqua Boot Camp - High energy workout to strengthen & increase endurance. For the active person who would like to add water aerobics to their cross training routine.

Variety of equipment used, upbeat, never boring.

Aqua Energy & Flow - This new aqua class will incorporate functional training and circuit training for strength and mobility.

Use a variety of pool equipment for resistance and includes extended full body stretching.

Aqua Flow - This NEW aqua class will introduce you to functional training for strength and mobility. Includes extended balance and full body stretch. We'll focus on techniques, taking the workout at your own pace and listening to your body.

Aqua Resistance Training - Movement in the water creates resistance for a positive effect on cardiovascular fitness and muscle toning.

diminish stiffness. Leave feeling relaxed & limber.

Aqua Strong & Fit - Cardio & strength workout that increases your cardiovascular endurance, strengthens & stretches all the major muscle groups, improves balance and reduces stress! Noodles, buoys & more used in this fun, joint-gentle class. A moderate intensity class.

Endurance, Core & Balance - Endurance training, plus dynamic core and balance conditioning with some muscle work. Challenging, with low impact but high intensity workout with good heart rate monitoring. Anything goes in this class!

LaBlast Splash - Shallow aqua dance fitness workout based on ballroom dance. Fun moves inspired by TV's Dancing With The Stars! All levels welcome.

Lap Swim - Self-paced program for lap workouts only. Walk or swim. *BT residency required.*

Open Swim - Is Back! Independent program where you decide to walk or exercise with equipment. No lap swimming.

Pool Noodle Workout - Low impact workout that provides a workout with much less stress to your joints using pool noodles. Improve cardiovascular fitness and stamina while strengthening and toning muscles. All while having fun in the pool!

Total Body Aqua - Intermediate class with a fun mix of cardio and resistance training, combined with invigorating core work and stretching.

Water Walking - Fun and simple class will help strength muscles, build cardio and aid with balance. You will use proper technique, work at your own pace and move to great music! Class includes core training and stretching. Progressions will be made using pool equipment. Water shoes are recommended.

Bloomfield Township Senior Services Pool Rules and Regulations

- In compliance with State Law, a Lifeguard must be on duty at all times that the pool is in use.
- Patrons must follow all lifeguard's instructions as directed.
- Every patron must shower and check in with the Lifeguard prior to entering the pool
- Long hair must be pulled back or up and secured while using the pool. Caps are recommended.
- Incontinence underwear, if needed, must be specifically designed for use in the pool.
- Dressing and un-dressing is to be done ONLY in the locker rooms.
- NO diving, running or eating is allowed in the pool area.
- Personal aides must accompany the patron at ALL times, including in the water.
- Persons with diarrhea may not use the pool.
- BTSS does not provide towels or locks for the lockers.
- BTSS is not responsible for any lost or stolen items. Personal items should be secured in lockers.
- Please consult the Pool Coordinator regarding any skin conditions such as rashes, abrasions or infections. A doctor's letter will be required to certify that the condition poses no health risk to others if patron is in the pool.
- Water shoes are strongly recommended for safety.
- Use of floating aids, face masks, snorkels, etc., are at the discretion of the Lifeguard.
- The family changing room is reserved for people needing the assistance of an aide.
All others MUST use either the male or female locker rooms.

Prohibited in the pool area:

- NO street clothing (T-shirts, shorts, etc) may be worn in pool unless approved by Pool Coordinator.
- Gum, food, jewelry & glass containers are prohibited in the pool area;
plastic water bottles are permitted.
- Band-aids / bandages are prohibited in the pool. Medical tape and therapy bands ARE allowed.

BTSS management reserves the right to:

Close the pool for any health issues, weather conditions, or repairs.

Make changes to the schedule when deemed necessary.

Refuse admittance to or remove from the pool premises any persons failing to comply with the above rules and regulations.