

# JUANITA BAY BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00 AM	5:00-10:00 Open Lap Swim	5:00-10:00 Open Lap Swim	5:00-10:00 Open Lap Swim	5:00-10:00 Open Lap Swim	5:00-10:00 Open Lap Swim	Private Lessons, 1 Lane all day					
6:00 AM											
7:00 AM											
8:00 AM											
9:00 AM	8:45-9:45 Aqua Zumba 3 lanes	8:45-9:45 Aqua Therapy 1 lane	8:45-9:45 Cardio H2O 3 lanes	8:45-9:45 Aqua Therapy 1 lane	8:45-9:45am Cardio H2O 3 lanes	6:00am-9:30pm Open Lap Swim					
10:00 AM	10:00-12:00 Swim Lessons 1-2 lanes	10:00-12:00 Swim Lessons 1-2 lanes	10:00-12:00 Swim Lessons 1-2 lanes	10:00-12:00 Swim Lessons 1-2 lanes	10:00-12:00 Swim Lessons 1-2 Lanes			9:30-1:15 Swim Lessons 2 Lanes	9:30-1:15 Family Swim 2 Lanes		
11:00 AM	10:00-2:00 Open Lap Swim 1-2 lanes	10:00-2:00 Open Lap Swim 1-2 lanes	10:00-2:00 Open Lap Swim 1-2 lanes	10:00-2:00 Open Lap Swim 1-2 lanes	10:00-2:00 Open Lap Swim 1-2 Lanes						
12:00 PM										12:00-1:00 Hydro Health 1 Lane	12:00-1:00 Hydro Health 1 Lane
1:00 PM						Open Swim All Day					
2:00 PM	2:00-3:00 Swim Lessons 1 Lane*	2:00-3:00 Swim Lessons 1 Lane*	2:00-3:00 Swim Lessons 1 Lane*	2:00-3:00 Swim Lessons 1 Lane*	2:00-3:00 Swim Lessons 1 Lane*						
3:00 PM	3:30-7:30 Swim Team 1 Lane	3:30-7:30 Swim Team 1 Lane	3:30-7:30 Swim Team 1 Lane	3:30-7:30 Swim Team 1 Lane	3:30-7:30 Swim Team 2 Lanes			Open Swim			
4:00 PM											
5:00 PM						4:00-7:30 Swim Lessons 2 Lanes	4:00-7:30 Swim Lessons 2 Lanes			4:00-7:30 Swim Lessons 2 Lanes	4:00-7:30 Swim Lessons 2 Lanes
6:00 PM											
7:00 PM				7:30-8:30 Aqua Zumba 3 lanes							
8:00 PM	8:00-10:00 Open Lap Swim	8:30-10:00 Open Lap Swim	8:00-10:00 Open Lap Swim	8:00-10:00 Open Lap Swim	6:30-10:00 Open Lap Swim						
9:00 PM											

Open Lap Swim = Lap Swim or swim workouts. No swim lessons in these lanes. \*If lane not in use, it is available for open swim.



# JUANITA BAY BIG POOL CLASS DESCRIPTIONS

## Group Swim Lessons

At CAC we work to distinguish ourselves by providing a learning environment with an emphasis on quality instruction, small classes and warm water. We believe the fundamental components to success in swimming stem from focusing on safety, fun, positivity, and providing young swimmers with a technical skill set that they can depend on for the rest of their swimming life. We combine these core beliefs with a customer service driven approach to registration and coordination.

1. Safety, Water Adjustment, Bubbles, 5 Bobs with bubbles, Jump in and return to wall with assistance, Front float with assistance, Back float with assistance, Kicking front and back, Open Eyes under water, Front glide 3 ft., Front glide and kick 6 feet, Side glide with support, Back glide with assistance, Deep water exposure. Intro to crawlstroke arm motion.
2. Safety, Jump in from side and return, Side breath w/ support and bubbles 10 times, Finning/Sculling on back w/ kick 20 ft., Holds breath underwater 6 count Crawlstroke 20 ft., Unassisted back float, Intro. to Backstroke, Side glide without support. Front glide with kick 15 ft., back glide with kick 10 ft.
3. Safety, intro to treading water, Side glide / side breath 25 ft., Crawl Stroke w/rhythmic side breathing 15 yds., Backstroke, Turning over, Changing positions and direction. Breaststroke kick, Elementary Backstroke, Retrieve objects from the bottom, Jump into deep water and return.
4. Safety, Tread water, Crawlstroke/Freestyle 25 yards w/ alternate breaths, Backstroke 25 yds, Breaststroke kick 25 yds, Scissor kick, Dolphin kick 25 yds, Breaststroke, Intro to Butterfly, Dives sitting, Tip in.
5. Safety, Tread water 3 minutes. Upon successful completion of level 5, swimmers will be able to swim 300 yards using any combination of Freestyle, Backstroke, Breaststroke, Butterfly, sidestroke or elementary backstroke.

## Wahoos

The goal of this program is to provide swimmers of all abilities the exposure to proper stroke technique through drill work and games.

Interested in joining the Wahoo's? Email us at [jbcswim@columbiaathletic.com](mailto:jbcswim@columbiaathletic.com)

## Private Swim Lessons

Private lessons are a great way for families, especially those with packed schedules, to get regular lessons in since they can have a varied schedule and can be cancelled if needed. They also work out great for those that need a specific skill or two worked on. Lessons can be scheduled almost anytime there is an instructor available.

**Fee based program. Please contact [jbcswim@columbiaathletic.com](mailto:jbcswim@columbiaathletic.com) for more information.**

## Swim 'N' Gym (Seasonal Program)

Children involved games, gym time and swimming with supervision. See the program schedule for details.

## Adult Group Lessons

Adult group lessons are geared towards swimmers at both the beginner and intermediate levels. Classes are focused on the needs of the group at the time.

## Open Family Swim

We remove a lane line and bring out the noodles and toys for family swim time

## Waterbabies

For children age 4 months to three years, CAC offers a parent-tot program through an independent company called Waterbabies. Register online at [www.waterbabiesusa.com](http://www.waterbabiesusa.com)

## Water Aerobics

Uses water and special equipment as resistance to elevate heart rate, shape, tone, and strengthen your muscles. You can make this workout as challenging as you want by using water resistance, speed, and equipment.

## Aqua Therapy

A rehabilitative class especially designed for those with back and arthritic problems. Increase strength, flexibility and cardiovascular endurance.

## Aqua Zumba

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## Cardio H2O

Use water and buoyant equipment as resistance to elevate heart rate, tone, and strengthen your muscles. A great workout with low-to-no impact.

## Hydro Health

Safely increase your strength, endurance, and joint range of motion in this water based class designed for overall health improvement.

*All members are expected to share whatever lane space is available.*

*While we allow open swim during swim lessons, please keep in mind space is limited. Ask a lifeguard where to swim during this time.*

**ATTN:** The pools may be used for youth camps and free swim from 9am to 3:30pm during school holidays, breaks and teacher in-service days. Please note the current Lake Washington School District non-school days:

- Monday, Tuesday, and Thursday, October 14, 15, and 17
- Friday, October 18
- Monday, November 11
- Thursday & Friday, November 28 & 29
- Monday, December 23 – Friday, December 27
- Monday, December 30 – Friday, January 3
- Monday, January 20
- Thursday, Friday, & Monday, February 13, 14, & 17
- Friday, March 13
- Monday, April 6 – Friday, April 10
- Friday, May 22

Questions: Contact Aquatics Director Drew Whorley via email at [drew@columbiaathletic.com](mailto:drew@columbiaathletic.com)

