

PINE LAKE BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Masters 5:30-6:30 Lanes 2-4		Masters 5:30-6:30 Lanes 2-4				
6:00 AM							
7:00 AM						Masters 6:30-8:00 Lanes 2-4	Masters (Tri focused) 6:30-8:00 Lanes 2-4
8:00 AM		Cardio H20/Zumba 8:00-9:00 Lanes 3-4	Cardio H20 8:00-9:00 Lanes 3-4	Cardio H20/Zumba 8:00-9:00 Lanes 3-4	Cardio H20/Zumba 8:00-9:00 Lanes 3-4		
9:00 AM	Cardio H20 Lanes 3-4 9:00-10:00					Swim Lessons Lane 1 8:30am - 12:30pm	
10:00 AM	Pre Masters Lanes 1-2 10-11am		Pre Masters Lanes 1-2 10-11am		Pre Masters Lanes 1-2 10-11am		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM						Waterbabies 2:15-7:00pm Lane 1 7:00-7:45pm Lane 1-2	
3:00 PM							
4:00 PM	Swim Lessons 4:00-8:10 Lane 4	Swim Lessons 4:00-8:10 Lane 4	Swim Lessons 4:00-8:10 Lane 4	Swim Lessons 4:00-8:10 Lane 4	Swim Team 4:00-5:00 Lane 1-2		
5:00 PM	Swim Team 4:45-8:00 Lane 1-2	Swim Team 4:45-8:00 Lane 1-2	Swim Team 4:45-8:00 Lane 1-2	Swim Team 4:45-8:00 Lane 1-2	Blue Dolphin Swim Team 5:00-9:00pm Lanes 1-2		
6:00 PM							
7:00 PM							
8:00 PM	Blue Dolphin Swim Team 8-9:00pm Lanes 1-2	Blue Dolphin Swim Team 8-9:00pm Lanes 1-2	Blue Dolphin Swim Team 8-9:00pm Lanes 1-2	Blue Dolphin Swim Team 8-9:00pm Lanes 1-2			
9:00 PM							

1 lap lane available at all times that the pool is open unless other wise noted. Aquatic center closes at 10pm nightly



PINE LAKE BIG POOL CLASS DESCRIPTIONS

Piranhas Swim Team

To keep your child swimming year round we offer our competitive swim team throughout the year. Our team offers professional coaching and high quality technique instruction from the novice to high-level competitive swimmers. Throughout the year, each swimmer will gain physical strength, critical thinking skills, a positive attitude, and lifelong friends. Please visit our team website www.cacswimteam.com for information about the team or email us for a tryout at cacst@columbiaathletic.com.

Group Swim Lessons

Group Swim lessons are a great way to help your child improve on skills throughout the year at a comfortable pace. Lessons are designed to span four weeks; held 2 days per week for weekday sessions, and 1 day a week for weekend classes.

Masters and Pre-Masters*

We offer more than your traditional masters training program as we aim to accommodate any level of swimmer, from your novice to those training for Ironman races. If you are not quite comfortable swimming with the Masters group we have developed a program called Pre-Masters which may be a better fit for you. Pre-Masters classes provide a greater emphasis on stroke technique and increasing your swimming endurance and confidence. You do not have to attend all of the sessions to be a part of either group; just choose the sessions that work for you and your schedule. Laurie, and Brian mold each workout to accommodate the various ability levels that show up to each session.

Masters Workouts:*

Days: Monday/Thursday, 5:30 – 6:30am

Pre-Masters Workouts:*

Days: Monday/Wednesday/Friday, 9:45 – 11am

Masters and Pre-Masters workouts are complimentary for members!

Waterbabies

Waterbabies is parent-tot instruction program that offers 30 min classes once per week. These classes are independent of Columbia Athletic Clubs, so registration for any of these classes are done on line via www.waterbabiesusa.com.

Blue Dolphins

Blue Dolphins is a private USA level instruction swim team.

Tri Open Water Swimming*

TRI/Open water swimming class with focus mainly on freestyle with some stroke work and development of all of the competitive disciplines including: Fly, back, breast and freestyle.

Water Aerobics

Aqua Kickboxing

This class is a non-stop cardio workout. If you ever wanted to try kickboxing this is your class. The water will protect your joints while the moves will keep your heart rate up. Great music and an awesome teacher. Bring water to drink and be prepared to sweat (Yes, you will sweat in the water). You do not need to know how to swim to participate.

Aqua Zumba

Aqua Zumba is inspired with energetic Latin music and takes this dance party to the water. There is less impact on your joints during an Aqua class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. We use Latin and international music beats for dance exercise and integrated them in a water-based workout. The music just MAKES you want to groove! And in the water, no one can see how killer or not-killer you dance moves are, so just go for it!

Cardio H2O

Get a great cardio workout with low to no impact on your joints. 45 minutes of cardio and 15 minutes of toning. Abdominal and strength training segments are included. Various formats with some buoyancy equipment used.

Saturday Splash

Come for a class that combines Pilates, Tai chi, and kickboxing. All workouts can be modified by participants to fit any fitness level. You need not know how to swim to participate in class. Please feel free to check-in with your instructor before class if you have any questions or special concerns. Aqua shoes are recommended to protect your feet and add friction. Our instructors can help anyone adapt a class to your special needs for a safe and effective workout.

Questions: Contact an Activity Specialist at plcactivities@columbiaathletic.com or by calling 425.313.0123.

Inclement Weather Policy: In conjunction with the Issaquah school district, if school is canceled so are group exercise classes; if school is on late arrival there will be no morning classes; early release would mean no evening classes.

***Pre-Masters, Tri open Water and other Master swim classes take the summer off. Many swimmers meet together at Beaver Lake to practice on their own. Contact our aquatics dept for more information.**

