

## ARCATA FITNESS SCHEDULE

**November 2025**

**HealthSPORT**

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 8am-5pm

### POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Swim Lessons by Appointment (\$)</b> 1:00-8:00pm	<b>Swim Lessons by Appointment (\$)</b> 9:00am-4:30pm	<b>Swim Lessons by Appointment (\$)</b> 9:00am-4:30pm				
<b>5:00-8:50am</b> Lap Swim	<b>5:00-2:00pm</b> Lap Swim	<b>5:00-8:50am</b> Lap Swim	<b>5:00-2:00pm</b> Lap Swim	<b>5:00-8:50am</b> Lap Swim	<b>8:00am-12:00pm</b> Lap Swim	<b>8:00am-12:00pm</b> Lap Swim
<b>9:00-9:45am</b> Aqua Conditioning Tori	<b>9:00-9:50am</b> Aqua Team Training (\$) Casse	<b>9:00-9:45am</b> Aqua Conditioning Casse	<b>9:00-9:50am</b> Aqua Team Training (\$) Casse	<b>9:00-9:45am</b> Aqua Conditioning Casse		
<b>10:00am-2:00pm</b> Lap Swim		<b>10:00am-2:00pm</b> Lap Swim		<b>10:00am-2:00pm</b> Lap Swim		
					<b>12:00-4:30pm</b> Family Swim	<b>12:00-4:30pm</b> Family Swim
		<b>1:30-2:30pm</b> School Group	<b>1:30-2:30pm</b> School Group			
			<b>4:00-5:00pm</b> School Group			
	<b>5:00-6:00pm</b> Group Swim Lessons (\$)		<b>5:00-6:00pm</b> Group Swim Lessons (\$)			
<b>5:30-6:30pm</b> Group Swim Lessons (\$)		<b>5:30-7:30pm</b> Group Swim Lessons (\$)				
<b>2:00-9:30pm</b> Family Swim						

**Lap Swimming**

Available in lanes 3, 4, and 5 first come, first serve

**Swim Lessons**

Offered at all times except during Aqua Conditioning classes

Booked by appointment

**Aqua Conditioning**

Whole pool reserved during these times. No lap swimming.

**Aqua Team Training (\$)**

Space is limited. Reservations recommended.

## CLASS DESCRIPTIONS

### **Puffs - Wednesday 5:00pm & Friday 5:30pm:**

Little swimmers introduction to pool to build foundational skills and water confidence! Puffs will learn new skills such as bubble blowing, water entry and exit, back floats, simultaneous leg and arm movement, water safety, and more. Parents are required to assist in the water.

### **Turtles - Monday 5:30pm & Thursday 6:30pm:**

Swimmers learn fundamental water skills and continue to build confidence! Turtles will learn a variety of swim techniques that build independence in the water such as swim drills, using entire body while swimming, and effective life-saving water safety skills.

### **Sharks - Wednesday 6:00pm:**

Advanced swimmers dive deeper into stroke development! Sharks will focus on perfecting technique with a variety of drills and games to take them to the next level. Perfect for the swimmers looking to improve their already great swim skills!

### **Aqua Team Training:**

Dive into our Aqua Team Training class and emerge feeling refreshed and empowered! This class blends strength and cardio exercises in the water, enhancing muscle tone and cardiovascular fitness. You'll experience a full-body workout that leaves you invigorated, with improved strength, endurance, and a renewed sense of accomplishment.

### **Aqua Conditioning:**

This low-impact workout in the water combines cardio, strength, and flexibility exercises to improve overall fitness. You'll experience a sense of weightlessness and fluidity, leaving your muscles toned and your mind rejuvenated. Get ready to make a splash and leave feeling refreshed!

### **Swim Lessons**

Private swim sessions cater to all levels, from babies to triathlon trainers. Our experienced instructors offer personalized attention for every swimmer, focusing on foundational skills, water familiarity, and advanced techniques. Whether starting with your baby's first splash or refining strokes for a triathlon, our private lessons provide tailored guidance and celebrate every stage of the swimming journey.

**HealthSPORT**

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**Arcata** | (707) 822-3488

