

EUREKA FITNESS SCHEDULE

November 2025

HealthSPORT

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

POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| Swim Lessons by Appointment (\$) 2 Lanes Reserved 9:30-11:00am 1:00-8:00pm | Swim Lessons by Appointment (\$) 2 Lanes Reserved 2:00-8:00pm | Swim Lessons by Appointment (\$) 2 Lanes Reserved 9:30-11:00am 1:00-8:00pm | Swim Lessons by Appointment (\$) 2 Lanes Reserved 2:00-8:00pm | Swim Lessons by Appointment (\$) 2 Lanes Reserved 1:00-8:00pm | Swim Lessons by Appointment (\$) 8:30am-5:00pm | Swim Lessons by Appointment (\$) 8:30am-5:00pm |
| 5:00am-8:45am Lap Swim | 5:00am-8:45am Lap Swim | 5:00am-8:45am Lap Swim | 5:00am-8:45am Lap Swim | 5:00am-4:00pm Lap Swim | 8:00am-12:30pm Lap Swim | 8:00am-12:45pm Lap Swim |
| 9:00-9:30am Group Swim Lessons (\$) | 9:00-9:45am Aqua Zumba Marla | 9:00-9:30am Group Swim Lessons (\$) | 9:00-9:45am Aqua Zumba Marla | | | 9:00-11:50am Group Swim Lessons (\$) |
| 9:45am-4:00pm Lap Swim | 10:00am-12:45pm Lap Swim | 9:45am-4:00pm Lap Swim | 10:00am-12:45pm Lap Swim | | | |
| | 1:00-1:45pm Aqua Conditioning Casse | | 1:00-1:45pm Aqua Conditioning Casse | | | |
| | | | | | 1:00-4:30pm Family Swim | 1:00-4:30pm Family Swim |
| 4:00-8:00pm Family Swim | | 4:00-8:00pm Family Swim | | 4:00-8:00pm Family Swim | | |
| 8:00pm-9:30pm Lap Swim | 2:00-9:30pm Lap Swim | 8:00pm-9:30pm Lap Swim | 2:00-9:30pm Lap Swim | 8:00pm-9:30pm Lap Swim | | |

Lap Swimming

3 lanes reserved, 2 person per lane. 1 lane reserved for walking, up to 6 people in lane. No recreational fun.

Family Swim & Swim Lessons

2 lanes reserved for swim lessons the rest of the pool reserved for Family Swim. Recreational fun time. No lap swimming/walking.

Lap Swim & Swim Lessons

2 lanes reserved for swim lessons, 1 lane reserved for lap swimming 2 person per lane, 1 lane reserved for Lap walking up to 6 people. No recreational fun.

Aqua Conditioning and Aqua Zumba

Whole pool reserved during these times. No lap swimming.

Group Swim

There will be one lane available for lap swimming/walking during Group Swim times. The remainder of the Pool is reserved for Group Swim Lessons and Private Swim Lessons.

CLASS DESCRIPTIONS**Puffs - Monday, Wednesday & Sunday 9:00-9:25am (ages 0-2) & Sunday 9:30-9:55am (ages 3-5):**

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 - Sunday 10:00-10:50am:

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 - Sunday 11:00am-11:50am:

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 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!

Aqua Zumba:

This dynamic water workout combines Latin rhythms with fun dance moves, creating a joyful and exhilarating experience. You'll splash, groove, and tone your muscles while enjoying the buoyancy of the water. Get ready to dance, sweat, and leave feeling happy, revitalized, and ready to make a splash in your day!

HealthSPORT

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