

Mike Shellito Indoor Pool

10210 Fairway Drive Roseville

(916) 772-PLAY (option #5)



**Parks, Recreation
& Libraries**

Group Exercise Schedule • August 5 - December 31, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
ADULT LAP SWIM 5:30 - 8:55am	ADULT LAP SWIM 5:30 - 8:55am	ADULT LAP SWIM 5:30 - 8:55am	ADULT LAP SWIM 5:30 - 8:55am	ADULT LAP SWIM 5:30 - 8:55am	ADULT LAP SWIM 6:00 - 8:55am	CLOSURES 11/28/2019 Thanksgiving 12/25/2019 Christmas Day 12/29/2019-01/05/2020 Closed for Maintenance LIMITED HOURS 9/2/2019 Open 7:00am-11:00am Lap Swim/Open Exercise Only 10/20/2019 No Parent-Tot Playtime or Lap Swim Floating Pumpkin Patch Preregistration Required 11/11/2019 Open 7:00am-11:00am Lap Swim/Open Exercise Only 12/24/2019 Open 7:00am-11:00am Lap Swim/Open Exercise Only ADDITIONAL HOURS 12/23/2019 Rec Swim 1:00pm-3:30pm 12/27/2019 Rec Swim 1:00pm-3:30pm ADULT LAP SWIM 11:30am - 1:00pm	
OPEN EXERCISE 5:30 - 8:00am Warming Pool	OPEN EXERCISE 5:30 - 8:00am Warming Pool	OPEN EXERCISE 5:30 - 8:00am Warming Pool	OPEN EXERCISE 5:30 - 8:00am Warming Pool	OPEN EXERCISE 5:30 - 8:00am Warming Pool	OPEN EXERCISE 6:00 - 9:00am Warming Pool		
SHALLOW H2O FIT 8:00 - 8:55am Marla/Shelly Warming Pool Impacted (Max 30)	SHALLOW H2O FIT 8:00 - 8:55am Suzanne Warming Pool Impacted (Max 30)	SHALLOW H2O FIT 8:00 - 8:55am Shelly Warming Pool Impacted (Max 30)	SHALLOW H2O FIT 8:00 - 8:55am Suzanne Warming Pool Impacted (Max 30)	SHALLOW H2O FIT 8:00 - 8:55am Keith/Shelly Warming Pool Impacted (Max 30)	↓		
OPEN EXERCISE 9:00 - 10:00am Warming Pool	OPEN EXERCISE 9:00 - 10:00am Warming Pool	OPEN EXERCISE 9:00 - 10:00am Warming Pool	OPEN EXERCISE 9:00 - 10:00am Warming Pool	OPEN EXERCISE 9:00 - 10:00am Warming Pool	↓		
OFF THE DEEP END 9:05 - 9:55am Joanne Lap Pool	INTERVAL TRAINING 9:05 - 9:55am Brandi Lap Pool	OFF THE DEEP END 9:05 - 9:55am Leslie/Joanne Lap Pool	OFF THE DEEP END 9:05 - 9:55am Melissa Lap Pool	OFF THE DEEP END 9:05 - 9:55am Melissa/Shelly Lap Pool	HYDRO FUSION 9:05 - 9:50am Suzanne Lap Pool		
HYDRO FUSION 10:00 - 10:55am Suzanne Lap Pool/Warming Pool	PARENT TOT PLAYTIME 10:00 - 11:30am Warming Pool 6 and under	HYDRO FUSION 10:00 - 10:55am Leslie Lap Pool/Warming Pool	PARENT TOT PLAYTIME 10:00 - 11:30am Warming Pool 6 and under	HYDRO FUSION 10:00 - 10:55am Marla Lap Pool/Warming Pool	SWIM LESSONS 10:00am - 1:00pm Lap Pool/Warming Pool		
POOL CLEARED 11:00-11:30am	OFF THE DEEP END 10:30 - 11:15am Leslie Lap Pool	AQUA YOGA 11:00 - 11:45am Susan Warming Pool Impacted (Max 25)	OFF THE DEEP END 10:30 - 11:20am Shelly/Leslie Lap Pool	AQUA YOGA 11:00 - 11:45am Susan Warming Pool Impacted (Max 25)	↓		
ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Marla Warming Pool Impacted (Max 30)	ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Melissa Warming Pool Impacted (Max 30)	ARTHRITIS CHAIR EXERCISE 11:30am - 12:15pm Nichole Land Class: Meeting Room 1	ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Bridget Warming Pool Impacted (Max 30)	ARTHRITIS CHAIR EXERCISE 11:30am - 12:15pm Melissa Land Class: Meeting Room 1	↓		
ADULT LAP SWIM 11:30am - 1:00pm	ADULT LAP SWIM 11:30am - 1:00pm	ADULT LAP SWIM 11:30am - 1:00pm	ADULT LAP SWIM 11:30am - 1:00pm	ADULT LAP SWIM 11:30am - 1:00pm	PARENT TOT PLAYTIME 12:00 - 1:00pm Warming Pool 6 and under		PARENT TOT PLAYTIME 11:30 - 1:00pm Warming Pool 6 and under
ARTHRITIS AQUATICS PROGRAM 12:20pm - 1:05pm Marla Warming Pool Impacted (Max 30)	ARTHRITIS AQUATICS PROGRAM 12:20pm - 1:05pm Marla Warming Pool Impacted (Max 30)	OPEN EXERCISE 11:45am - 1:00pm Warming Pool	ARTHRITIS AQUATICS PROGRAM 12:20pm - 1:05pm Bridget Warming Pool Impacted (Max 30)	OPEN EXERCISE 11:45am - 1:00pm Warming Pool	REC SWIM 1:00pm - 4:00pm		REC SWIM 1:00pm - 4:00pm
POOLS CLOSED 1:00 - 3:45pm	POOLS CLOSED 1:00 - 3:45pm	POOLS CLOSED 1:00 - 3:45pm	POOLS CLOSED 1:00 - 3:45pm	POOLS CLOSED 1:00 - 5:15pm	Lap swimmers + Open Exercise participants must be at least 13 years old. You must be participating in a class to be in the pool during class times. If you are participating in water fitness or lap swim you must wait until your start times to enter the pool. Impacted classes are filled on a first come first serve basis . To be included in an impacted class, please ask for a wristband at the front desk.		
SWIM LESSONS 4:00 - 6:30pm	SWIM LESSONS 4:00 - 6:30pm	SWIM LESSONS 4:00 - 6:30pm	SWIM LESSONS 4:00 - 6:30pm				
OFF THE DEEP END 6:35 - 7:25pm Joanne Lap Pool	SHALLOW H2O FIT 6:35 - 7:25pm Melissa Lap Pool/Warming Pool	OFF THE DEEP END 6:35 - 7:25pm Joanne Lap Pool	SHALLOW H2O FIT 6:35 - 7:25pm Suzanne Lap Pool/Warming Pool	OFF THE DEEP END 5:30 - 6:20pm Keith Lap Pool			
OPEN EXERCISE 6:35 - 9:00pm Warming Pool	OPEN EXERCISE 7:25 - 9:00pm Warming Pool	OPEN EXERCISE 6:35 - 9:00pm Warming Pool	OPEN EXERCISE 7:25 - 9:00pm Warming Pool	OPEN EXERCISE 5:30 - 8:00pm Warming Pool			
ADULT LAP SWIM 7:30 - 9:00pm	ADULT LAP SWIM 7:30 - 9:00pm	ADULT LAP SWIM 7:30 - 9:00pm	ADULT LAP SWIM 7:30 - 9:00pm	ADULT LAP SWIM 6:30 - 8:00pm			

Class Descriptions

Mike Shellito Indoor Pool

**\$10 DROP IN
OR INCLUDED
WITH
MEMBERSHIP**

WATER FITNESS CLASSES | AGES 13 +

Shallow H2O Fit: Designed to be a fun and gravity free workout for people of all ages and abilities.

Emphasis is on cardiovascular conditioning and strengthening using water as resistance. Swimming competency is not required.

Interval Training: Interval training including deep and shallow water jogging, cardiovascular conditioning drills, and resistance training.

*Swimming competency required. Must be able to recover from a face down and face up position while wearing floatation equipment.

Off The Deep End: Deep water aerobic conditioning designed to increase endurance, strength, flexibility and motor coordination.

*Swimming competency required. Must be able to recover from a face down and face up position while wearing floatation equipment.

Arthritis Aquatic Program: Gain strength and flexibility without putting excess strain on your joints.

Arthritis Chair Exercise (LAND): The Arthritis Exercise Program is specifically designed for people with arthritis. The class uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength.

Hydro Fusion (formerly Aqua Nice n' Easy): This class includes cardio and toning exercises, including resistance and intervals. Make the class as challenging as you'd like, and all fitness levels are welcome.

Aqua Yoga: This class uses gentle movements in water so the body is not stressed. Great for those suffering from arthritis, swollen joints, or balance issues. No yoga experience required.

LAP SWIM | AGES 13+

Designed for swimmers of all levels. Lanes, kickboards, pull buoys, pace clock, and sample workouts are available for your use.

Lap Swim Rules:

1. Before entering a lane, make others aware of your presence
2. No diving. All entries must be feet first.
3. If there are no open lanes allow additional swimmers into your lane.
4. If only two swimmers are in a lane you may split the lane. If there are more than two, we ask that you circle swim.
(Swim on the right hand side of the lane)
5. Swim at your own pace, but do not stop in the middle of the pool or swim vertically.
6. Only pass another swimmer in your lane at the wall.

OPEN EXERCISE | AGES 13+

This program takes place in our warming pool and is designed for those who would like to create their own workout.

You may engage in water walking, jogging, stationary exercises, traveling exercises, and self lead physical therapy.

Lap swimming for open exercise will be permitted only during lap swimming hours.

Equipment provided includes: high and low density foam noodles, foam resistance weights, floatation belts, and kickboards.

As several types of workouts are permitted during this time, please be considerate of others using the space. If you need assistance coordinating with others using the pool, please ask a staff member.

** All instructors have a unique approach to teaching water fitness, and may select music to play from a variety of genres. At times there may be subs. We encourage you to experience all of our great instructors. Impacted classes are filled on a first come first serve basis. To be included in an impacted class, please ask the front desk for a wristband.*

KIDS AND FAMILY SWIM TIMES

Rec Swim - All Ages: Warming pool and Lap pool open for play. Inflatable obstacle course is set up during weekend Rec Swims. Spray ground is opened during summer months. \$5.00 per person, or included for members, or summer swim pass holders. Under age 2 free with adult admission.

Parent Tot Playtime: Children 6 years and younger can attend. Adult swimmers must be present. Warming Pool open with toys provided. Spray Ground also open during summer months. \$5.00 per adult /child pair. \$3.00 for additional swimmers, regardless of age. Included for members, or summer swim pass holders.

For questions regarding memberships, please contact the Mike Shellito Indoor Pool at (916) 772-PLAY