

# Oscar J. Tolmas Aquatics Complex

## Pool Schedule

INDOOR POOL							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 AM - 5:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 1:00 PM	1:00 - 5:00 PM	
	Adult Free Swim 7:00 - 9:50 AM	Adult Free Swim 7:00 - 7:50 AM	Adult Free Swim 7:00 AM - 7:00 PM	Adult Free Swim 7:00 - 8:00 AM	Adult Free Swim 7:00 - 9:05 AM		
Swim Lessons 9:00 AM - 12:00 PM	CLOSED FOR CAMP 10:00 - 11:30 AM	Aqua Fit 8:00 - 8:50 AM		Aqua Fit 8:10 - 9:00 AM	Aqua Fit 9:15 - 10:05 AM		
Adult Free Swim 12:00 - 5:00 PM	Adult Free Swim 11:30 AM - 7:00 PM	Adult Free Swim 9:00 - 9:50 AM		Adult Free Swim 9:00 - 9:50 AM	Adult Free Swim 10:15 - 11:50 AM		Adult Free Swim 1:00 - 5:00 PM
		CLOSED FOR CAMP 10:00 - 11:30 AM		CLOSED FOR CAMP 10:00 - 11:30 AM	Aqua Balance 12:00 - 1:00 PM		
		Adult Free Swim 11:30 AM - 7:00 PM	Adult Free Swim 11:30 AM - 7:00 PM				
OUTDOOR POOL LAP SWIM							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	6:00 - 9:00 AM	6:00 - 9:00 AM	6:00 - 9:00 AM	6:00 - 9:00 AM	6:00 - 9:00 AM		
	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		

## Aquatics Class Descriptions

**Aqua Balance** A no impact 45-60 minute class, Aqua Balance is designed to increase range of motion, improve flexibility, decrease general stiffness, and enhance better balance to help with fall prevention through various strengthening exercises and activities.

**Aqua Fit** Get a fun workout in the pool. Using state-of-the-art equipment, Aqua Fit focuses on cardio endurance training, shaping and strengthening all muscle groups, and increasing flexibility. All levels are welcome. No swimming skills are needed.

Classes and times are subject to change.

Free for Gold members / \$15 non-Gold members

\$ Speciality classes: \$10 Gold members / \$20 non-Gold members

6/6/18



**New Orleans JCC**

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