



Aquatics Class Schedule: Nov. 2018

MONDAY

5:45 to 6:45 a.m.	✓	SwimFit - Endurance Fitness Swim	Sports Pool	Mark Hahn
9 to 10 a.m.	✓	SwimFit - Endurance Fitness Swim	Sports Pool	Mark Hahn
9:25 to 9:55 a.m.	✓ ♥	WALK Your Posture	Resort Pool	Donna Barnett
10:05 to 10:55 a.m.	✓ ♥	Pilates PUNCH	Resort/Sports Pool	Donna Barnett
11:05 to 11:55 a.m.	✓ ♥	Flex Joint	Garden Pool	Donna Barnett
Noon to 1 p.m.	✓	SwimFit - Speed & Power	Sports Pool	Jarrod Marrs
4:30 to 5:45 p.m.	\$	Dolphins Fitness Swim	Sports Pool	Victoria Bahr
6 to 7 p.m.	✓ ☺	SwimFit - Endurance Fitness Swim	Sports Pool	Mark Hahn

TUESDAY

5:45 to 6:45 a.m.	✓	SwimFit - Swimtensity	Sports Pool	Melanie Kim
8 to 9 a.m.	✓	SwimFit-Fired Up	Sports Pool	Charlie Fry
4:30 to 6 p.m.	✓ \$	Water Polo for Kids	Sports Pool	Natalie McCann
6 to 7 p.m.	✓ ♥	HIIT IT!	Sports Pool	Charlotte Strom

WEDNESDAY

5:45 to 6:45 a.m.	✓	SwimFit - Go the Distance	Sports Pool	Mark Hahn
9 to 10 a.m.	✓	SwimFit - Go the Distance	Sports Pool	Mark Hahn
9:25 to 9:55 a.m.	✓ ♥	Body in Motion	Resort Pool	Donna Barnett
10:05 to 10:55 a.m.	✓ ♥	Turbulent Waters	Resort/Sports Pool	Donna Barnett
11:05 to 11:55 a.m.	✓ ♥	Total Body Stretch	Garden Pool	Donna Barnett
Noon to 1 p.m.	✓	SwimFit- Fired Up	Sports Pool	Charlie Fry
4:30 to 5:45 p.m.	\$	Dolphins Fitness Swim	Sports Pool	Victoria Bahr
6 to 7 p.m.	✓ ☺	SwimFit - Hydro Dynamics	Sports Pool	Mark Hahn

THURSDAY

5:45 to 6:45 a.m.	✓	SwimFit - H.I.T.S.	Sports Pool	Melanie Kim
8 to 9 a.m.	✓	SwimFit - Fired Up	Sports Pool	Charlie Fry
4:30 to 5:45 p.m.	\$	Dolphins Fitness Swim	Sports Pool	Victoria Bahr

FRIDAY

5:45 to 6:45 a.m.	✓	SwimFit - Challenge Set	Sports Pool	Mark Hahn
9 to 10 a.m.	✓	SwimFit - The Mighty Mile	Sports Pool	Jarrod Marrs
9:25 to 9:55 a.m.	✓ ♥	AquaFunc	Resort Pool	Charlotte Strom
10:05 to 10:55 a.m.	✓ ♥	HIIT IT!	Resort/Sports Pool	Charlotte Strom
11:05 to 11:55 a.m.	✓ ♥	Aqua Recovery	Garden Pool	Charlotte Strom
Noon to 1 p.m.	✓	SwimFit - Challenge Set	Sports Pool	Mark Hahn
4:30 to 6 p.m.	\$	Water Polo for Kids	Sports Pool	Natalie McCann

SATURDAY

8:15 to 9:30 a.m.	✓	SwimFit - Swim Strong	Sports Pool	Victoria Bahr
8:30 to 10 a.m.	✓ ♥	Ab-literation	Resort Pool	Donna Barnett

SUNDAY

9 to 10 a.m.	✓	SwimFit - Go the Distance	Sports Pool	Mark Hahn
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✓ Appropriate for all Levels of Fitness

♥ Recommended for Voyagers

☺ Beginners/Novice Athletes

Requires Advanced Conditioning and Technique

\$ Additional Fees

Please note: A person must be able to swim at least one length of the pool without assistance to join classes. If you have fear of the water, please allow us to help with private instruction until you feel confident enough to join the classes.

Water Fitness Programs	
WALK Your Posture	Donna Barnett
Participants will focus on building core strength and posture using water resistance and water gear in this shallow water. Water shoes are recommended.	
Aqua Func	Charlotte Strom
Doing functional exercises that will help with ADL (Activities of Daily Living). Incorporating various strength training techniques, some with equipment. We'll learn to stabilize and strengthen the core enabling us to have better balance. Water shoes recommended.	
INTENSITY Aqua Boot Camp	Donna Barnett
Push past beginner training plateaus with a variety of shallow and deep water training designed to target agility, balance, coordination and speed in addition to cardio capacity. 4-week sessions.	
Pilates PUNCH	Donna Barnett
Punch up your energy, coordination and strength with this combination of Kick-boxing, Ballet/Pilates, cardio, strength and flexibility.	
Flex Joint	Donna Barnett
In our warmest pool, you will work on flexibility and range of motion "joint work," from head to toe.	
Body in Motion	Donna Barnett
This 30-minute workout will have you moving through the water at various speeds and tempos. Different pieces of equipment will be used to for added resistance, core challenge and balance. Water shoes are recommended.	
Turbulent Waters	Donna Barnett
Get ready for a high intensity, calorie burning, deep water workout. We'll focus on form and speed while moving the water around you to create more turbulence.	
Ab-literation	Donna Barnett
This 90 minute class will focus on targeting the abdominals in various ways, while still getting a full body workout.	
Total Body Stretch	Donna Barnett
Using various forms of stretching such as Pilates, Yoga, Tai Chi, PNF, and more we'll focus on range of motion, balance and core stabilization. This is a mind and body workout. Water shoes are recommended.	
Aqua Recovery	Charlotte Strom
Tired, achy muscles? Stiff joints? Come let the warm water invigorate your mind and body. Muscular relaxation while stretching, and increasing your range of motion with simple joint exercises to get you moving again.	
HIIT IT!	Charlotte Strom
The great thing about HIIT, you only need to do it three times a week. Increase your VO2 Max doing intense cardio workout with the benefits of strength training and core stabilization. Get HI. Get Hooked.	

SwimFit: Adult Swim Programs	
Endurance Fitness Swimming	Mark Hahn
From elite to beginner, the SwimFit classes offer conditioning, stroke technique and fun challenges. These classes are great for anyone interested in Master's Competitive Swimming, Triathlons, or fitness swimming. Workouts will vary with shorter distance to longer distance swims, from stroke sets (of the different strokes) to kicking set. Skill level will be based on the individual swimmers abilities.	
Fired Up	Charlie Fry
Get Fired Up in this power and speed class. Focused on sprinting with various amounts of rest, you will be pulling parachutes and other gear in the water for more strength and power. Whether you are new to swimming, experienced or you swim laps for fitness, this class will get you off plateaus for improved fitness and strength results.	
Speed and Power	Jarrod Marrs
Swimmers of all fitness levels come out and challenge yourselves with intensity being your key. Improve your power and speed in the water with focus on technique and explosive swimming. We will swim shorter, fast swims with larger rest so you can truly test your speed and challenge yourself. We will work in different ways on your power, coordination and timing to improve your fitness as well and lower your times in all distances. The faster your maximum speed, the faster your easy speed for even distance based swimming. Get ready for intensity and fun!!	
The Mighty Mile	Jarrod Marrs
In every class there will be a one mile challenge, whether it will be a straight time trial or a set or sets that add up to a mile, you will do a mile of fast swimming. It may be broken in different ways with recovery mixed in, but the goal will be better pacing and increasing your aerobic threshold. Great for all swimming levels and triathletes, you will test yourself every few weeks to see your overall mile time drop. Watch your fitness level improve, set and reach goals while having fun.	
Swimtensity	Melanie Kim
A new aquatics course that will incorporate high intensity and ultra-short race pace efforts to build fitness and improve performance in and out the pool. Core and stability exercises to boost fitness and power. If you are a recreational or Masters swimmer looking for a way to gain that extra boost of fitness or time drop at your next swim meet, then Swimtensity is for you. To be prepared for swimming along with dry land exercise, please wear fitness attire along with your swimsuits.	

H.I.T.S. (High Intensity Training Swim)	Melanie Kim
A great class for those who are looking to build upon their cardio abilities while building musculature of the whole body. Building muscle is achieved by switching between muscle groups throughout a workout while pushing to maintain a medium to high heat rate. There will never be repeat workouts, so you can expect fresh sets and creative coaching each day. Specific instruction will be given on how to better improve strokes and become more efficient in the water to each SwimFit member during every workout.	
Challenge Set	Mark Hahn
This swim workout will consist of a main "challenge set" that will push your limits. The challenge set will vary from workout to workout and will be designed from a speed set to an endurance set. There might be a challenge pull or kick set included for the workout.	
Swim Strong	Victoria Bahr
A swim class designed for all levels of swimmers to improve their fitness, speed, technique, and confidence in the water through carefully designed practices that can modified to conform to the level of the individual swimmer.	
Go The Distance	Mark Hahn
The swim workout will be designed for a distance swim to build endurance as well as speed. Each class will be divided into different distance sets, but will still cover a maximum yardage. Focus on pacing and pace management for a designed distance.	
HydroDynamics	Charlie Fry
An innovating swimming workout emphasizing all four strokes (freestyle, back-stroke, breaststroke, butterfly) and cardio fitness. Ideal for individuals wanting to improve over all core conditioning.	
SwimTek-Swim Technique Video Analysis for Adults	
Mark Hahn	
Stroke Analysis filming above and below water with analysis and tips from a swim coach. By appointment.	
Private Swimming Lessons	Mark Hahn
It's never too late to learn to swim! If you would like to refine your strokes, learn to do flip-turns, prepare for a race or overcome a fear of the water, our pools are heated and lessons are available year-round.	

Youth Swim Programs	
Water Polo for Kids	Natalie McCann
A developmental water polo program for children ages 6-12. This program focuses on the basics of water polo, in a fun and safe environment. In this program your children will learn how to pass, shoot, and learn the fundamental rules of the game.	
Group Swim Lessons	
April through August	
The lessons are for children ages 12 months to 6 years old. Water Safety is taught along with age appropriate skills to help a child become water safe and confident in the water.	
Private Swim Lessons	
Our pools are heated, so private swim lessons are available year-round. Private lessons give a child one-on-one instruction and feedback to help speed their progress and refine their skills. They are great for introducing a child to water and helping them overcome fears. Our instructors steer their teaching to match the student's personality and needs.	
Dolphins Fitness Swim	
July through March	
A lap swim and competitive swim development program for children ages 7 to 14. It focuses on building endurance and fine tuning swimming techniques in the four competitive strokes. This program meets from July to March with a break from mid-December to mid-January	

SCUBA Programs	
Starfish™ and SCUBA Rangers™	OVI Scuba
SCUBA Rangers™ and Starfish ™ Kids will learn water safety, team building, and responsibility. Starfish (ages 3 ½ to 7) is beginning snorkeling skills. SCUBA Rangers (ages 8 to 12) is both snorkeling and SCUBA. Call Ann Keibler 713.523.3483 at Oceanic Venture.	
Adult Open Water SCUBA	OVI Scuba
Become a certified Open Water Diver. SCUBA is great activity for the family to do together! Join a regularly scheduled class, create a private program or learn in your home coordinated with Houstonian instructors. Call Ann Keibler 713.523.3483 at Oceanic Venture.	