

### Exercise Classes – Lebanon Community Pool

**AQX CLASS:** Designed to help individuals recover from injuries, increase strength, power, dynamic loading, flexibility, coordination and endurance. Rental of AQX suit @\$10/month required.

**Tues & Thurs 5:30 am.**

**AQUA AEROBICS-EARLY BIRD:** Shallow water, fast-paced, morning exercise class work to improve strength and cardiovascular fitness without stressing joints. Aqua belts and hand buoys are provided.

**Mon, Wed & Fri 6:45-7:45 am**

**AQUA AEROBICS-DEEP WATER:** This aerobic exercise class starts in the shallow end, transitions to the deep end and ends in the shallow end. Aqua belts and hand buoys are provided.

**Mon Wed Fri 6:00-7:00 pm**

**AQUA JOGGING-DEEP WATER:** Held in the deep end of the pool, low impact workout. Aqua Jogging to music. Aqua belts provided.

**Mon-Fri 8:00 am**

**Mon Wed Fri 6:00-7:00 pm**

**MINNOWS & MOMS:** No instructor. Warm Pool is open for Moms/Dads/Grandparents to swim with their babies/toddlers. Baby Floats provided. \$2.25 per person

**Mon-Wed-Fri 10:00-11:00 am**

**CORE AEROBICS:** Fast-paced water aerobics to music. Held in the main pool and the 92 degree warm water pool. Water walkers may share the warm pool at this time. Hand buoys provided. Water shoes recommended.

**Mon Wed Fri 11:00-11:45 am**

**WARM WATER EXERCISE:** Held in the 92 degree warm water pool. Designed for patrons that could benefit from exercising in warm water. These exercises help with circulation, range of motion and toning.

**Mon thru Friday 8:00 am, 9:00, 11:45 am & 5:00 pm**

**YOGA:** Aqua yoga class held in the warm water therapy pool to music. **Monday, Tuesdays & Thursdays 1:00—2:00**

General Admission	In District	Out of District
Adult (18-59)	\$3.25	\$3.75
Senior (60+)	\$2.75	\$3.25
Youth (0-17)	\$2.75	\$3.25
Family (6 people)*	\$12	\$15

\*\$2.00 Each additional

Membership	In District	Out of District
<b>Yearly</b> Adult (18-59)	\$215	\$255
<b>Yearly</b> Senior (60+)	\$145	\$175
<b>Yearly</b> Youth (0-17)	\$150	\$180
<b>Yearly</b> Senior Couple	\$185	\$215
<b>Yearly</b> Family*	\$285	\$330

\*2 adults and up to 4 youth per family pass. \$10.00 for each additional child, \$100 for each additional adult.

Lap/Rec Swim Splash Cards 10 Punches	In District	Out of District
Youth Ages 0-17	\$22.00	\$28.00
Adult	\$28.00	\$33.00
Senior (60+)	\$22.00	\$28.00

Instructional Splash Cards 10 Punches	In District	Out of District
Adult	\$30.00	\$35.00
Senior (60+)	\$25.00	\$30.00

Rentals		
Pool	\$90/hr.	\$95/hr.
Party Room	\$40/hr.	

Swim Lessons – see website	In District	Out of District
Group	\$40.00	\$45.00
Private	\$12.00 + \$4/ea. add	Add child must be same level

## Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30		AQx		AQx			
5:30-8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00-7:00	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
6:45-7:45	Aerobics		Aerobics		Aerobics		
8:00-9:00	Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging	Aqua Jogging		
8:00-9:00	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise		
9:00-10:00	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise		
10:00-11:00	Minnows		Minnows		Minnows		
11:00-11:45	Water Walking	Swim Lessons	Water Walking	Swim Lessons	Water Walking	Swim Lessons	
11:00-11:45	Core Aerobics		Core Aerobics		Core Aerobics	10:00-11:30	
11:45-12:45	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise		
11:45-1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00-2:00	Yoga	Yoga	Rec Swim	Yoga	Warm Pool Open	11:30-1:00	12:30-2:00
2:00-3:00					Home School Swim	1:00-3:00	2:00-4:00
4:00-5:00		Swim Lessons		Swim Lessons		Rec Swim	Rec Swim
3:00-7:00	Swim Teams	Swim Teams	Swim Teams	Swim Teams	Swim Teams		
5:00-6:00	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise	Warm Water Exercise		
6:00-7:00	Aqua Aerobics	Swim Lessons	Aqua Aerobics	Swim Lessons	Aqua Aerobics		
6:00-7:00	Aqua Jogging		Aqua Jogging		Aqua Jogging		
7:00-8:30	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim		
8:30-9:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Polo	Rec Swim	
						Pool Parties Rentals	Pool Parties Rentals

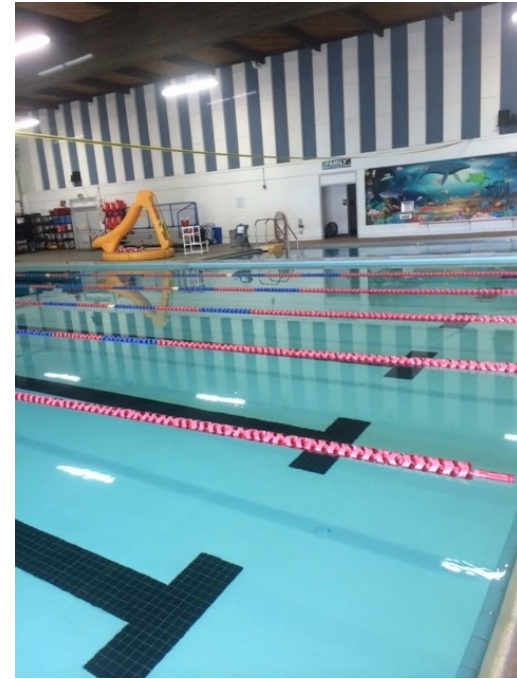
\*Schedule subject to change

# Lebanon Community Pool

1800 S 5th Street

Lebanon OR 97355

(541) 451-8551 [www.lebanonpool.org](http://www.lebanonpool.org)



**Director:** Lorlee Engler

**Office Manager/Programs Coordinator:** Jill Smith

**Lebanon Aquatic District Board of Directors:**

Peg Snyder, Steve Ness, Laurie Dennis, Jim Ruef, Hal Brayton

**Mission Statement:** Lebanon Aquatic District is committed to year round affordable community education through aquatic skills, health, safety and fun.

