

Mike Shellito Indoor Pool

10210 Fairway Drive Roseville

(916) 772-PLAY (option #5)



Group Exercise Schedule · June 21 - July 31 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM 5:30 - 9:25am	ADULT LAP SWIM 5:30 - 9:25am	ADULT LAP SWIM 5:30 - 9:25am	ADULT LAP SWIM 5:30 - 9:25am	ADULT LAP SWIM 5:30 - 9:25am	ADULT LAP SWIM 6:00 - 9:30am	<p>..... For the latest updates and information visit: roseville.ca.us/fitness</p>
OPEN EXERCISE 5:30-7:00am Warming Pool	OPEN EXERCISE 5:30-7:00am Warming Pool	OPEN EXERCISE 5:30-7:00am Warming Pool	OPEN EXERCISE 5:30-7:00am Warming Pool	OPEN EXERCISE 5:30-8:15am Warming Pool	OPEN EXERCISE 6:00-8:25am Warming Pool	
SHALLOW H2O FIT 7:15-8:00am Leslie Warming Pool	SHALLOW H2O FIT 7:15-8:00am Leslie B Warming Pool	SHALLOW H2O FIT 7:15-8:00am Leslie Warming Pool	SHALLOW H2O FIT 7:15-8:00am Leslie B Warming Pool			
	SHALLOW H2O FIT 8:30 - 9:20am Leslie B Warming Pool	AQUA YOGA 8:30 - 9:20am Susan Warming Pool	SHALLOW H2O FIT 8:30-9:20am Leslie B Warming Pool	AQUA YOGA 8:30 - 9:20am Susan Warming Pool	SHALLOW H2O FIT 8:30-9:20am Leslie B/Lisa Warming Pool	
OPEN EXERCISE 8:05 - 10:15am Warming Pool	PARENT TOT PLAYTIME 9:30 - 11:15am	OPEN EXERCISE 9:30 - 10:15am Warming Pool	PARENT TOT PLAYTIME 9:30 - 11:15am	OPEN EXERCISE 9:30 - 10:15am Warming Pool		
OFF THE DEEP END 9:35 - 10:25am Joanne Lap Pool	OFF THE DEEP END 9:35 - 10:25am Joanne Lap Pool	OFF THE DEEP END 9:35 - 10:25am Joanne Lap Pool	OFF THE DEEP END 9:35 - 10:25am Leslie B Lap Pool	OFF THE DEEP END 9:35 - 10:25am Joanne Lap Pool		
HYDRO FUSION 10:30 - 11:20am Lisa Lap Pool/Warming Pool	AQUA YOGA FIT 10:30 - 11:20am Debbie Lap Pool	HYDRO FUSION 10:30 - 11:20am Lisa Lap Pool/Warming Pool	AQUA YOGA FIT 10:30 - 11:20am Debbie Lap Pool	HYDRO FUSION 10:30 - 11:20am Lisa Lap Pool/Warming Pool	SWIM LESSONS 10:00am - 1:00pm Lap Pool/Warming Pool	
OPEN EXERCISE 12:25 - 1:00pm Warming Pool		AQUA ZUMBA 11:30am - 12:20pm Debbie Warming Pool				
ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Jessica Warming Pool	ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Marla Warming Pool	ARTHRITIS CHAIR EXERCISE 11:30am - 12:15pm Jessica Land Class: Mtg Rm 1	ARTHRITIS AQUATICS PROGRAM 11:30am - 12:15pm Bridget Warming Pool	SHALLOW H2O FIT 11:30am - 12:15pm Marla Warming Pool		
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		
	OPEN EXERCISE 12:25-1:00pm Warming Pool	ARTHRITIS AQUATICS PROGRAM 12:25-1:05pm Marla Warming Pool	ARTHRITIS AQUATICS PROGRAM 12:25-1:05pm Bridget Warming Pool	OPEN EXERCISE 12:25 - 1:00pm Warming Pool		PARENT TOT PLAYTIME 11:30 - 12:45pm Warming Pool 6 and under
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		REC SWIM 1:00pm - 4:00pm
SWIM LESSONS 4:00 - 6:45pm	SWIM LESSONS 4:00 - 6:45pm	SWIM LESSONS 4:00 - 6:45pm	SWIM LESSONS 4:00 - 6:45pm			REC SWIM 1:00pm - 4:00pm
OFF THE DEEP END 6:50 - 7:40pm Joanne Lap Pool	AQUA YOGA 6:50 - 7:40pm Susan Warming Pool	OFF THE DEEP END 6:50 - 7:40pm Joanne Lap Pool		HYDRO FUSION 5:30 - 6:20pm Joanne Lap Pool/Warming Pool		
OPEN EXERCISE 7:00 - 9:30pm Warming Pool	OPEN EXERCISE 7:50 - 9:30pm Warming Pool	OPEN EXERCISE 6:50-9:30pm Warming Pool	OPEN EXERCISE 6:50-9:30pm Warming Pool	OPEN EXERCISE 6:30 - 8:00pm Warming Pool		
ADULT LAP SWIM 7:50 - 9:30pm	ADULT LAP SWIM 7:00 - 9:30pm	ADULT LAP SWIM 7:50 - 9:30pm	ADULT LAP SWIM 7:00 - 9:30pm	ADULT LAP SWIM 6:30 - 8:00pm		

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.

Class Descriptions

Mike Shellito Indoor Pool

\$11 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. Takes place in the warming pool.

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: 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. Class takes place in both pools, so you can choose the shallow or deep section.

Aqua Zumba: Make a splash with this fun dance fitness format done to upbeat music! No dance experience required.

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.