



# AQUATICS SCHEDULE

**PALMER RANCH BRANCH**

**EFFECTIVE: 11/27/2023**

**INDOOR POOL**

**OPEN SWIM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8AM OPEN SWIM	5:30-8AM OPEN SWIM	5:30-8AM OPEN SWIM	5:30-8AM OPEN SWIM	5:30-8AM OPEN SWIM	7:30-8:30AM OPEN SWIM	10AM-4:45PM OPEN SWIM
8AM-11AM LIMITED LAP LANES	8AM-12PM LIMITED LAP LANES	8AM-11AM LIMITED LAP LANES	8AM-12PM LIMITED LAP LANES	8AM-11AM LIMITED LAP LANES	8:30-9:30AM LIMITED LAP LANES	<p><b>DURING OPEN SWIM, LIMITED LANES WILL BE AVAILABLE FOR LAP SWIMMERS.</b></p> <p><b>PLEASE OBSERVE A 45-MINUTE LIMIT DURING THESE TIMES.</b></p>
8-8:50AM H2O BLAST ELIANA	8-8:50AM WATER IN MOTION TASHA	8-8:50AM AQUA YOGA ELIANA	8-8:50AM WATER IN MOTION TASHA	8-8:50AM H2O BLAST SANDI	8:30-9:20AM WATER IN MOTION TASHA	
9-9:50AM SHA-DEEP ELIANA	9-9:50AM SHA-DEEP TASHA	9-9:50AM SHA-DEEP ELIANA	9-9:50AM SHA-DEEP TASHA	9-9:50AM SHA-DEEP SANDI	9:30-12PM OPEN SWIM LIMITED LANES	
10-10:50AM AQUA FIT ELIANA	10-10:50AM TALK & TONE TASHA	10-10:50AM AQUA FIT ELIANA	10-10:50AM TALK & TONE TASHA	10-10:50AM AQUA FIT SANDI	10AM-12PM SWIM LESSONS \$ PAID CLASS	
11AM-5PM OPEN SWIM	11AM-12PM HYDRORIDER TASHA	11AM-12PM HYDRO RIDER MELISSA	11AM-12PM HYDRORIDER TASHA	11AM-8:45PM OPEN SWIM	12-4:45 PM OPEN SWIM	
5-7PM SWIM LESSONS \$ PAID CLASS	12-5PM OPEN SWIM	12-5PM OPEN SWIM	12-5PM OPEN SWIM		5-7PM SWIM LESSONS \$ PAID CLASS	
7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM	7-9:30PM OPEN SWIM			



### **Aqua Fit**

Shallow water aerobics class designed to burn calories & build strength. Equipment is optional.

### **Aqua Yoga**

Focus is on strength and flexibility in this low-impact class.

### **H2O Blast**

Fast paced, shallow water class that uses vigorous movement and fun, fast-paced music.

### **Hydro Rider**

An in-water cycling class that develops cardio endurance and builds full body strength! A great program for beginners & those in rehab programs. Proper footwear is required.

*NOTE: IF Hydro Rider has 10+ riders, 2 lap lanes will be used at instructor's discretion.*

### **Power Pilates**

This intense shallow water class will improve posture, balance, and core strength.

### **Sha-Deep**

A high-energy water aerobics class that will spark your heart rate as you have fun working out to music in either shallow or deep water. You choose!

### **Talk & Tone**

This low impact class will help ease joint stiffness and arthritis pain while increasing strength and flexibility.

### **Water In Motion**

This choreographed class meets the cardiovascular and musculoskeletal training needs of each participant in under an hour!

### **Swim Lessons:**

See SWIM LESSON Flyer for times, rates, and additional information.

### **PALMER RANCH BRANCH:**

8301 Potter Park Drive  
Sarasota, FL 34238  
Phone: (941) 922-9622

### **POOL HOURS:**

M-F: 5:30am-8:45pm  
SAT: 7:30am-4:45pm  
SUN: 10am-4:45pm

Pool closes when lightning is detected within 8 miles.

### **QUESTIONS?**

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