

Bronson Athletic Club Pool Schedule effective: September 17, 2019

*During physical therapy sessions, the exercise pool is available for limited member use; capacity is six (6) additional swimmers when therapists are present. No open swim for youth during this time.

**Private swim lessons are often scheduled and can take place in either pool

***Open Swim is available in the Exercise pool during "Open Swim" times only.

NOTE (Exercise Pool Only): Children under age 7 must be accompanied by an adult at all times while in the pool area. Children between ages 7 and 12 who have NOT passed a swim test must also be accompanied by an adult. Once a swim test, administered by a BAC lifeguard, has been passed, children between ages 7 and 12 may be in the pool area by themselves.

Please be considerate of those around you; no excessive splashing.

Exercise Pool							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:30 to 7 a.m. Open swim**	5:30 to 7 a.m. Open swim**	5:30 to 7 a.m. Open swim**	5:30 to 7 a.m. Open swim**	5:30 to 7 a.m. Open swim**	7 a.m. to close Open Swim**		
7:15 a.m. to noon Physical therapy*	7:15 to 10:30 a.m. Physical therapy*	7:15 a.m. to noon	7:15 to 11:30 a.m. Physical therapy*	7:15 a.m. to noon Physical therapy*			
Noon to 12:45 p.m. Noon H2O Exercise	10:30 a.m. to 1 p.m. Open swim**	Noon to 12:45 p.m. Noon H2O Exercise PC	11:30 a.m. to 2 p.m. Open swim**	12:15 to 1 p.m. Aqua Fit PC			
1 to 5:45 p.m. Physical therapy*	1 to 1:45 p.m. Pool open for water exercise participants	1 to 4:45 p.m. Physical therapy*	2 to 2:45 p.m. Arthritis Nice & Easy PC	1 to 4 p.m. Physical therapy*	Sunday		
	2:45 to 5:00 p.m. Open Swim **		2:45 to 5:00 p.m. Open Swim**				
5:45 to 6:30 p.m. Aquatic Body Conditioning	5 to 6:30 p.m. Swim Lessons	4:50 to 5:35 p.m. Active Arthritis PC	5 to 7:00 p.m. Swim Lessons	4 to 5:45 p.m. Open Swim**	7 a.m. to 7 p.m. Open Swim**		
6:30 to 9 p.m. Open Swim**	Open swim in deep end only.	5:40 to 9 p.m. Open swim**	Open swim in deep end only.	5:45 to 6:30 p.m. Aqua Fun PC			
	6:30 to 9 p.m. Open Swim **		7:00 to 9 p.m. Open Swim**	6:30 to 9 p.m. Open swim**			
Lap Pool							
NOTE: No children are allowed in the lap pool except during designated family open swim times							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 a.m. to 9 p.m. Lap swim	5:00 a.m. to 9 p.m. Lap swim	5:00 a.m. to 9 p.m. Lap swim	5:00 a.m. to 9 p.m. Lap swim	5:00 a.m. to 9 p.m. Lap swim	7 a.m. to 7 p.m. Lap swim		
	2 to 3 p.m. Youth lap swim		2 to 3 p.m. Youth lap swim				
	6 to 6:45 p.m. Deep Water Exercise						Sunday
	6:00 to 7 p.m. Swim team/lessons		6 to 6:45 p.m. Aqua Zumba®		6 to 7:15 p.m. Swim team/lessons	6 to 7 p.m. Family open swim <i>adult must be present</i>	7:10 to 8 a.m. Swim Workouts
					1:30 to 3:30 p.m. Family open swim <i>adult must be present</i>		

Bronson Athletic Club Aquatic Group Exercise Class Descriptions

M: Free for BAC members

PC: Punch card participants permitted

M Aquatic Body Conditioning: Designed for all fitness levels, this is a low intensity, full body workout with resistance training.

M PC Active Arthritis: A notch above the Arthritis Nice & Easy class with moderate intensity.

M PC Arthritis Nice & Easy: A low-impact, cardiovascular workout featuring full range-of-motion movements to enhance muscle tone, mobility and flexibility.

M PC AQUA FIT: This class is designed to give participants a variety of water exercises in the shallow water. The class will increase cardiorespiratory function, muscle strength, and overall endurance. Walking, jumping, running, and other aerobic movements along with a variety of water equipment are used to increase heart rate and provide a strength training workout.

M Aqua Fun: A fun water class for preteens, adults and families.

M Deep Water: A full body cardiovascular workout in the deep end of the pool.

M Noon H2O Exercise: The perfect lunch-break workout featuring low/moderate impact cardiovascular exercises.

Community Aquatic Classes/Punch Card

Bronson Athletic Club offers group aquatic exercise classes that are open to the community. A variety of classes are offered, including low/moderate impact and arthritis. These classes are specifically designed to promote cardiovascular health, joint flexibility and range of motion while reducing pain and stiffness. They also provide a friendly, fun experience in which participants can make new friends and enjoy the camaraderie of the group activity.

A punch card entitles cardholders to attend 15 sessions of designated classes. The punch card expires 90 days from the date purchased. Other than locker room facilities, no other club use is allowed. Group aquatic class participants may enter the club 30 minutes prior to the scheduled class time.

Punch card holders must have medical consent form from physician to participate. Space in the program is limited.