

# MARCH 2019 - Herman Aquatics Center Indoor Pool

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>7 AM – 9 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>9 AM – 11:30 AM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ Group Lessons</p> <p><b>11:30 AM – 8 PM</b> 4 lanes - lap swim only/ **Open Swim</p>	<p><b>6 AM – 9 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>9 AM – 10 AM</b> 5 lanes - lap swim only / 1 CLOSED – ■ ProAction PT</p> <p><b>10 AM – 12 PM</b> 3 lanes - lap swim only/ 1 Double Wide Lane/1 CLOSED – ■ ProAction PT</p> <p><b>12 PM – 1 PM</b> 2 lanes - lap swim only/ 4 CLOSED – ■ Masters Club</p> <p><b>1 PM – 2 PM</b> 3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Fit</p> <p><b>2 PM – 3 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ ECC</p> <p><b>3 PM – 4 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>4 PM – 5 PM</b> 4 lanes - ■ PreTeam/ ■ Water Jogging/ ■ Group Lessons</p> <p><b>5 PM – 6:30 PM</b> 2 lanes - lap swim only/ 4 CLOSED – ■ Swim Club</p> <p><b>6:30 PM – 7 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>7 PM – 8 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ H2O Pilates</p> <p><b>8 PM – 9:30 PM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p>	<p><b>6 AM - 9 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>9 AM - 10 AM</b> 4 lanes - lap swim only/ 2 lanes **Open Swim</p> <p><b>10 AM – 11:30 AM</b> 2 lanes - lap swim only/2 Double Wide Lanes</p> <p><b>11:30 AM – 1:00 PM</b> 2 lanes - lap swim only/1 Double Wide Lane 2 CLOSED – ■ BOGA FIT</p> <p><b>1 PM - 2 PM</b> 3 lanes - lap swim only/3 CLOSED – ■ Aqua Fit</p> <p><b>2 PM - 3 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ ECC</p> <p><b>3 PM - 4 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>4 PM - 5 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ Group Lessons</p> <p><b>5 PM - 8 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>8 PM – 9:30 PM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p>	<p><b>6 AM – 10 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>10 AM – 11AM</b> 3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Zumba</p> <p><b>11 AM – 12 PM</b> 6 lanes - lap swim only</p> <p><b>12 PM – 1 PM</b> 2 lanes - lap swim only/ 4 CLOSED – ■ Masters Club</p> <p><b>1 PM – 2 PM</b> 3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Fit</p> <p><b>2 PM – 3 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ ECC</p> <p><b>3 PM – 4 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>4 PM – 5 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ Group Lessons</p> <p><b>5:15 PM – 6:30 PM</b> 2 CLOSED – ■ BOGA FIT / 3 lanes – lap swim/1 Open Swim</p> <p><b>7 PM – 8 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>8 PM – 9:30 PM</b> 5 lanes - lap swim only / 1 ■ Water Jogging</p>	<p><b>6 AM – 9 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>9 AM – 10 AM</b> 5 lanes - lap swim only /1 CLOSED – ■ ProAction PT</p> <p><b>10 AM – 12 PM</b> 3 lanes - lap swim only/ 1 Double Wide Lane/CLOSED – ■ ProAction PT</p> <p><b>12 PM – 1 PM</b> 5 lanes - lap swim only/1 CLOSED – ■ ProAction PT</p> <p><b>1 PM – 2 PM</b> 3 lanes - lap swim only/3 CLOSED – ■ Aqua Fit</p> <p><b>2 PM – 3 PM</b> 4 lanes - lap swim only/ 2 CLOSED – ■ ECC</p> <p><b>3 PM – 4 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>4 PM – 5 PM</b> 4 lanes - ■ PreTeam/ ■ Water Jogging/ ■ Group Lessons</p> <p><b>5 PM – 6:30 PM</b> 2 lanes - lap swim only/4 CLOSED – ■ Swim Club</p> <p><b>6:30 PM – 7 PM</b> 4 lanes - lap swim only / **Open Swim</p> <p><b>7 PM – 8 PM</b> 4 lanes - lap swim only/2 CLOSED – ■ Aqua Pilates</p> <p><b>8 PM – 9:30 PM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p>	<p><b>6 AM - 9 AM</b> 5 lanes - lap swim only/ 1 ■ Water Jogging</p> <p><b>9 AM – 10:30 AM</b> 4 lanes - lap swim only / 2 CLOSED – ■ BOGA FIT</p> <p><b>10:30 AM – 12 PM</b> 2 lanes - lap swim only/2 Double Wide Lanes</p> <p><b>12 PM - 1 PM</b> 2 lanes - lap swim only/4 CLOSED – ■ Masters Club</p> <p><b>1 PM - 2 PM</b> 3 lanes - lap swim only/3 CLOSED – ■ Aqua Fit</p> <p><b>2 PM - 4 PM</b> 4 lanes - lap swim only/ **Open Swim</p> <p><b>4 PM – 8 PM</b> 6 lanes - lap swim only</p>
<b>SATURDAY</b>					
<p><b>7 AM – 9 AM</b> 5 lanes - lap swim only/1 ■ Water Jogging</p> <p><b>9 AM – 10 AM</b> 3 lanes - lap swim only/3 CLOSED – ■ Group Lessons</p> <p><b>10 AM – 12:30 PM</b> Gudelsky Swim Pgm</p> <p><b>12:30 PM – 8:30 PM</b> 4 lanes - lap swim only/**Open Swim</p>					

**Color Key**

- Water Aerobics
- Water Jogging
- Scuba Class
- Swim Club/ PreTeam/Masters
- Pro-Action Therapy
- ECC
- Group Lessons
- BOGA FIT

\*Dedicated Lap Lanes available daily.

\*\*Open Swim – double wide lane use for slow swimming, water jogging and general use.

\*\*\*Schedule may change to accommodate special events

# Aquatics Program Descriptions

## ■ New class: BOGA FIT!

BOGAFIT is a workout geared to heighten your sense of balance while building your entire core, cardiovascular stamina and total body strength. All levels welcome. Note: If you have severe back injuries, issues kneeling, or vertigo, contact your physician first.

## Private & Semi-Private Lessons

Private (one student per instructor) and semi-private (two students per instructor) lessons are available in 30 minute increments. Lessons are based on instructor availability, and are available to Bender JCC members only. To schedule lessons or for more information, contact Caroline Cardullo at 301-348-3890 or [ccardullo@benderjccgw.org](mailto:ccardullo@benderjccgw.org).

## Swim Classes

Our swim classes introduce children to the water and teach fundamental swim skills and strokes.

### ■ Water Babies (6-18 months)

Parent and child learn together in the water. This introduction to the water class uses a gentle, low key approach with techniques to aid in your child's progress through the water. Using verbal cues and body language your child will be introduced to basic swim skills including back float, kicking and reaching; all with assistance from the parent. Songs and games will be included as well.

### ■ Water Tots (18 months – 3 years)

Parent and child learn together in the water in this class that introduces basic swimming skills such as back float, kicking, reaching and blowing bubbles. Parents will assist their child with each technique. The skills learned will prepare children for entry into Level 1.

### ■ Level 1: Introduction to Water Skills

Focusing on water acclimation, this course is for children who are unable to be in the water on their own without using a flotation device. Children are in the water with the instructor. Parents may watch from the deck.

### ■ Level 2: Fundamental Aquatic Skills

To enroll in Level 2, you must be able to: Enter water using steps or jump in independently; open eyes underwater and retrieve submerged object; front glide, 2 body lengths; back float, 3 seconds; exit water independently.

### ■ Level 3: Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice in deeper water. To enroll in Level 3, you must be able to: enter water by jumping in; rotary breathing; back float, 30 seconds; tread water, 30 seconds.

## To register visit [benderjccgw.org/aquatics](http://benderjccgw.org/aquatics)

### ■ Drop-in Classes (For Bender JCC members only)

For more information, please contact Caroline Cardullo, Aquatics Director, at 301.348.3890 or [ccardullo@benderjccgw.org](mailto:ccardullo@benderjccgw.org).

## Swim Clubs

Our youth and adult swim clubs allow swimmers to work on competitive skills and build endurance through challenging workouts and individual stroke correction.

### ■ Pre-Team (6 - 12 years)

Designed to prepare swimmers for the swim team. During each class, we will work on strokes through drills and lap swim. Swimmers must be able to swim one length of the pool (25 yards) without stopping.

### ■ Swim Club (7-16 years)

Swimmers work on competitive skills and build endurance. Each workout is designed with a specific goal to improve strokes and fitness. Swimmers must be able to swim one lap/50 yards without stopping.

### ■ Masters (Adults)

This non-competitive recreational swim club provides challenging workouts with individual stroke correction. Designed for all levels.

## Water Aerobics (All levels welcome)

■ **AQUA FIT** (age 60+): This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone.

■ **AQUA PILATES**: Shallow water aerobics fused with movements from land Pilates. Get wet and wild for core work, strength and conditioning!

■ **AQUA ZUMBA**: High energy Latin dance in the water!

## Specialty Programs

### ■ Pro-Action Aquatic Therapy

We are one of only a few clinics in the Washington, DC area that offers this valuable service.

#### Physical Therapy in the water:

1. Creates a safe and effective environment to exercise.
2. Enables pain-free strengthening, stretching, and overall mobility.
3. Uses hydrostatic pressure to reduce swelling.
4. Improves your ability to balance.
5. Creates the ability to move joints through greater ranges of motion.

### ■ SCUBA Classes

SCUBA is an abbreviation for Self-Contained Underwater Breathing Apparatus. Discover the hidden world underwater that awaits!

### ■ Water Jogging

Any runner looking to increase their cardiovascular capacity minus wear and tear on muscles should jump on in. Also recognized as a rehabilitation [exercise for injured athletes](#).

# March 2019 - Addendum

## Changes to the Pool Schedule for March

Saturday 2 <sup>nd</sup>	3:30-6pm	***Sports Plus
Sunday 3 <sup>rd</sup>	2-5pm	**Scuba
Tuesday 5 <sup>th</sup>	7:45-9:30pm	**Scuba
Thursday 7 <sup>th</sup>	7:45-9:30pm	**Scuba
Friday 8 <sup>th</sup>	4:15-5:15pm	**Kids After School
Saturday 9 <sup>th</sup>	3:30-6pm	***Sports Plus
Saturday 16 <sup>th</sup>	3:30-6pm	***Sports Plus
Sunday 17 <sup>th</sup>	2-5pm	**Scuba
Tuesday 19 <sup>th</sup>	7:45-9:30pm	**Scuba
Thursday 21 <sup>st</sup>	7:45-9:30pm	**Scuba
Friday 22 <sup>nd</sup>	4:15-5:15pm	**Kids After School
Saturday 23 <sup>rd</sup>	3:30-6pm	***Sports Plus
Friday 29 <sup>th</sup>	2-3pm	**Kids After School
Saturday 30 <sup>th</sup>	3:30-6pm	***Sports Plus

\*1 lane closed, \*\*2 lands closed, \*\*\*3 lanes closed