

Vista del Monte Fitness & Aquatic Center

3775 Modoc Road, Santa Barbara, CA 93105, (805) 879-5556

POOL SCHEDULE AND CLASSES

Purple: Partial special

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7 - 7:55 am	Open Hours	Lap Swim	Open Hours	Lap Swim	Open Hours		
8 - 8:55 am	Lap Swim	Open Hours	Lap Swim	Open Hours	Lap Swim		
9 - 9:45 am		Gentle Movement		Gentle Movement			
9 - 10:25 am	Volleyball		Volleyball				
9 - 10:50 am					Volleyball		
9 - 11:15 am						Lap & Open Exercise Combo (Limited Space)	
10 - 10:45 am		Aqua Aerobics		Aqua Aerobics			
10:30 - 11:15 am	Gentle Movement		Gentle Movement				
10:45 - 11:30				Braille Inst.			
11 - 11:45 am					Aqua Aerobics		
11 am - 12:30 pm		Open Hours		Open Hours			
11:30 am						Swim School	
11:30 am - 12:55 pm	Lap Swim		Lap Swim				
12:00 - 2:45 pm					Lap & Open Exercise Combo		
12:30 - 1:55 pm		Lap Swim		Lap Swim			
1 - 1:55 pm	Open Hour		Open Hour				
1 - 3:45 pm							Lap & Open Exercise Combo (Limited Space)
2 - 2:45 pm	Gentle Movement	Gentle Movement	Gentle Movement	Gentle Movement			
3 pm					Swim School		
3 - 3:45 pm	Aqua Aerobics		Aqua Aerobics				
3 - 3:55 pm		Volleyball		Volleyball			
4 - 4:45 pm		Aqua Aerobics		Aqua Aerobics			
4:15 pm	Pool closed		Pool closed				
4:30 pm	Swim School		Swim School				
5 pm		Pool closed		Pool closed			
5:15 pm		Swim School		Swim School			



POOL PROTOCOL:

Pool participants are requested to shower, limit talking, follow the instructions given during a class or activity. The Health Department will allow us to have an instructor/guard teaching with the provision that **every person** in the class is doing the same activity.

Lifeguard requests and warnings require **mandatory** compliance. If ignored, you will be asked to leave the pool.

For each participant's safety and enjoyment, class sizes are limited to 25 persons only.

Please no food, gum, street shoes, open sores, glass or bandages in the pool or immediate surrounding area.

Aqua Aerobics (Advance): NOT RECOMMENDED FOR BEGINNERS.

Our most vigorous aquatic program using upbeat amplified music as a motivator. 45 minutes long with an average of 25-30 aerobic minutes allowing high to low impact and/or intensity. You may also be using resistance and balance equipment.

Gentle Movement: Appropriate for those with arthritis receiving the benefits and comfort of warm, shallow water exercises to reduce pain.

Lap Swimming: STRICTLY ENFORCED. FIRST COME FIRST SERVED. SWIMMERS – PLEASE SHARE LANES.

A sign-in sheet and time limit may be used so all may have a chance to swim. Far lane only will be available for individual exercise programs. Opportunity to build endurance. Lap swimmers may only use goggles, snorkels and fins or kickboards. No other equipment is permitted during this time.

Open Hours: No lap swimming during this time. This is a time for every guest's individual program.

Volleyball: Open teams in a no-rules, no-points, raucous, laughter-filled class. Fun like nothing else!

Water Balance: Comprehensive balance, core and mobility training program designed to utilize the buoyancy of the water.