



CoxHealth Fitness Centers at The Meyer Center Warm Water Therapy Pool Schedule Effective January 8th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a- Adult Open Swim 9:00a Ages 12+	5:00a- Adult Open Swim 9:00a Ages 12+	5:00a- Adult Open Swim 9:00a Ages 12+	5:00a- Adult Open Swim 11:00a Ages 12+	5:00a- Adult Open Swim 9:00a Ages 12+	6:00a- Adult Open Swim 10:45a Ages 12+	6:00a- Adult Open Swim 2:00p Ages 12+
9:00a- Pool Unavailable 2:00p REHAB Reserved	9:00a Aqua Tai Chi* (45-min), Mollie	9:00a- Pool Unavailable 2:00p REHAB Reserved	11:00a- Pool Unavailable 5:15p REHAB Reserved	9:00a Aqua Tai Chi* (45-min), Mollie	10:45a- Family Swim 6:30p	2:00p- Family Swim 6:30p
2:00p- Adult Open Swim 5:30p Ages 12+	9:45a- Adult Open Swim 11:00a Ages 12+	2:00p- Adult Open Swim 5:30p Ages 12+	5:30p- Adult Open Swim 6:30p Ages 12+	9:45a- Pool Unavailable 2:00p REHAB Reserved	6:30p- Pool Closed	6:30p- Pool Closed
5:30p- Water Babies** (30-min), Laken	11:00a- Pool Unavailable 5:15p REHAB Reserved	5:30p- Water Tots** (30-min), Laken	6:30p- Family Swim 8:30p	2:00p- Adult Open Swim 6:45p Ages 12+		
6:15p- Water Tots** (30-min), Laken	5:30p- Adult Open Swim 6:30p Ages 12+	6:15p- Water Babies** (30-min), Laken	8:30p- Adult Open Swim 10:30p Ages 12+	6:45p- Family Swim 8:30p		
6:45p- Family Swim 8:30p	6:30p- Family Swim 8:30p	6:30p- Family Swim 8:30p	10:30p Pool Closed	8:30p- Pool Closed		
8:30p- Adult Open Swim 10:30p Ages 12+	8:30p- Adult Open Swim 10:30p Ages 12+	8:30p- Adult Open Swim 10:30p Ages 12+				
	10:30p Pool Closed	10:30p Pool Closed				

Adult Open Swim - Any member of the facility 12 years of age and older may use the pool for general exercise. Lifeguard is not on duty.

Children can be allowed in any pool, ages 18mo. and up, for private swim lessons only.

Family Swim - All families are welcome to use the pool. Parents may bring in their children under age 12 during these designated times, and children must be directly supervised. Children 7 years and under must be accompanied by a parent/grandparent, in the water at all times, during family swim.

***All specialty classes** require an extra fee and registration. The classes are open to members and non-members. Cost is \$25/members and \$65/non-members.

Each class has a minimum requirement of eight participants, with the exception of children's swim lessons. All classes are offered once/week.

****Water tots and water babies** will be offered as 4-week sessions in January (beginning 1-8-18 and ending 1-30-18) and again in February (beginning 2-5-18 and ending 2-28-18). Each 4-week session is \$25/members and \$65/non-members and requires registration.

Please note that classes and instructors are subject to change at any time.

POOL CLOSING ONE HALF HOUR BEFORE FACILITY CLOSING.

The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, and well-balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and mind/body awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate, or advanced exercise. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury-free. Always work out at your appropriate level of intensity/ability regardless of the level of class. Please note that a minimum number of participants is required for a class to remain on the schedule. Sign up early!

Aqua Tai Chi (45-min.) – Improve balance, coordination and mental focus with these graceful, fluid movements with the added benefit of balance in the warm water pool.

SWIM LESSONS:

Water Babies (30 minutes) – **One parent must accompany the child in the water.** Swimming lessons for children ages 6–18 months. Introduces familiarity in the water and interaction with other children.

Water Tots (30 minutes) – **One parent must accompany the child in the water.** Swimming lessons for children ages 19 months-3 years. Focuses on independence in the water, basic swimming skills and pool safety.

Intermediate Water Tots (30 minutes) - This class is a mix between Water Tots and Level 1. Participants will learn all the same skills as a Level 1 class but **the first 4 weeks are with the parents in the water. The last four weeks the parents can still dress out if they are concerned about their child but are strongly urged to stay on the side.** This is a transformation class as the kids are learning to be independent and begin swimming on their own. Requirement must be to pass a previous Water Tots class.

Level 1 (30 minutes) – Must be independent in the water, and introduces buoyancy, breathing and motion. Ages 4+.

Private Swim Lessons (30 min.) – Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults.

Appointments will be held at any time and in either the lap pool or warm water pool. Please check with the front desk or call our Aquatics Coordinator at 269-5384 for rates and appointment times.

Warm Water Pool Info and Rules:

- The warm water pool is 20x20 feet, is 4 feet deep and kept at 92°F
- Participants must shower with soap before entering the pool. Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.
- Lifeguard not on duty.
- No diving anywhere in the pool. No running or rough play.
- No public displays of affection.
- Spitting or blowing the nose in the pool area is prohibited.
- Long hair must be pulled back and secured.
- Approved swimwear only. Must be in good condition, lined and with no transparency. Two-piece swimwear is allowed if an athletic style.
- No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic exercise shoes are allowed.
- Approved personal pool equipment is allowed if it is for aquatic fitness or safety.
- Individuals can bring their own swimming equipment.
- The therapy pool is for rehabilitation and mild exercise only. If the swim lift is needed, staff must provide initial instruction in proper operation.
- Pools close 30 minutes before facility closing.

All classes are offered for 50 minutes unless otherwise denoted and are taught to varying levels of fitness. All class participants must be 12 years of age or older, unless denoted differently on the individual class flyer.

Weather Policy: No classes will be held at The Meyer Center if Springfield Public Schools have cancelled classes due to inclement weather. There will be times that classes are cancelled due to inclement weather that occurs after school hours. If weather is threatening, please call your fitness center for the latest cancellation information.

Aquatics Coordinator:
Laken Walden
laken.walden@coxhealth.com

Group Exercise Manager:
Nancy Propst
nancy.propst@coxhealth.com

Operations Manager:
Jennifer Houghtling
jennifer.houghtling@coxhealth.com

CoxHealth Fitness Centers at The Meyer Center
3545 S National Ave, Springfield MO 65807
Phone: 417-269-3282 Email: coxfitnesscenters@coxhealth.com

The Meyer Center Hours:
Mon –Thurs: 5am – 11pm
Fridays: 5am – 9pm
Weekends: 6am – 7pm

Meyer Kids Club Hours:
Mon – Fri: 8am–2pm, 4pm–8pm
Saturdays: 8am – 2pm

