

Brecksville Indoor Pool Schedule

Lap Swim	During lap swim there are four lap lanes available for lap swimming. In addition the last two sections of the pool are left open for other forms of water exercise (i.e. Water jogging)
Learn-to-Swim (Preschool, Kids -N- Company)	The purpose of the American Red Cross Learn to Swim program is to teach individuals how to be safe in, on, and around the water. Participants are taught fundamental swimming skills and basic rescue techniques. Classes are offered at varying times throughout the year. To find out when the next offering of classes are please pick up an "Aquatics" brochure. During Learn to Swim classes the entire pool is closed unless otherwise stated.
Open Swim	5:30am - 10:00am
TNT (Water Exercise)	Tighten and Tone, Strengthen and Lengthen those Muscles! Enjoy a light cardio warm up, followed by exercises designed to work out specific muscle groups. Then venture into the deep water to focus on your core muscles and abdominal area. The class ends in the shallow water with breath-work and stretching, as we cool down. Pool noodles and water resistance are primarily used to tighten and tone. Webbed gloves and water bar-bells are available for additional resistance. This class is designed to find your own pace. Find what works for you, instructor will offer variations pending your ability.