

Brecksville Indoor Pool Schedule

Definition of Terms

Adult Swim Lessons	Adult swimming lessons meet the need of the general public. This class is tailored to every individual's needs and everyone will be progressed in the water according to their abilities. All areas will be covered from water exploration to stroke development.
Cardio Strength	Cardio strength aquatics was developed to provide a whole body workout at any fitness level. Intervals of cardio combinations and strength toning exercises will provide you with a head to toe workout. This workout uses the resistance of the water along with barbells, noodles, jogging belts and resistance bands to obtain an effective cardiovascular and strength building workout without added stress on your joints.
Competitive Swim Instruction	This is an extension of the Learn to Swim program. It is designed for children ages 7 - 13 years old to develop competitive swim techniques and endurance. The program requires participants to continuously swim laps. Participants should be able to swim a minimum of ten continuous laps before registering. Please see the "Aquatics" brochure for more information.
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	During open swim there are no scheduled programs or sections of the pool closed off unless otherwise noted. During open swim there are two lap lanes available for lap swimming.
Swim Time	Swim time was developed to allow adults and children ages 3 months and up time to interact while having fun in the pool. We provide water toys, games and equipment for use. Skills stations may be setup so adults and children can practice fundamental skills while having fun. Participants must be potty trained or must wear swim diapers. The Swim Time program is offered periodically throughout the year and is open to residents and non residents. There will be no Swim Time during school breaks, snow days, or holidays. Please call (440) 546-2300 to check the program schedule. There is a small fee to non-members for this program.
Synchronized Swim Team	The Brecksville Blue Dolphins competitive synchronized swim team works on developing swimmers' synchronized skills and helps them develop figures and routines that are used in competition. Teams form in August for the following year. For more information please call (440) 546-2318. During synchro swim practice the deep end, diving board, and one lane are closed unless otherwise noted.
Water Exercise TNT	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.