



THE BECOMING CENTER

SPRING 2021 POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Swim 6:30 – 7:30	Open Swim 6:30 – 7:30	Open Swim 6:30 – 7:30	Open Swim 6:30 – 7:30	Open Swim 6:30 – 7:30
<u>H2O Aerobics</u> 9:15 – 10:10 Barbara	Open Swim 7:30 – 8:30	<u>H2O Aerobics</u> 9:15 – 10:10 Cindy	Open Swim 7:30 – 8:30	<u>H2O Aerobics</u> 9:15 – 10:10 Linda
<u>H2O Aerobics</u> 10:30 – 11:25 Barbara	<u>H2O Aerobics</u> 8:45 – 9:30 Maria	<u>H2O Aerobics</u> 10:30 – 11:25 Cindy	<u>H2O Aerobics</u> 8:45 – 9:30 Genie	<u>H2O Aerobics</u> 10:30 – 11:25 Linda
Open Swim 11:45 – 12:45	<u>H2O Tai Chi</u> 9:50 – 10:35 Maria	Open Swim 11:45 – 12:45	<u>H2O Tai Chi</u> 9:50 – 10:35 Genie	Open Swim 11:45 – 12:45
<u>H2O Aerobics</u> 1:00 – 1:55 Genie	<u>Arthritis</u> 11:00 – 11:55 Cindy	<u>H2O Aerobics</u> 1:00 – 1:55 Genie	<u>Arthritis</u> 11:00 – 11:55 Linda	<u>H2O Aerobics</u> 1:00 – 1:55 Barbara
Open Swim 2:15 – 3:15	Open Swim 12:15 – 1:15	Open Swim 2:15 – 3:15	Open Swim 12:15 – 1:15	Open Swim 2:15 – 3:15
Open Swim 3:30 – 4:30	Open Swim 2:30 – 3:30	Open Swim 3:30 – 4:30	Open Swim 2:30 – 3:30	Open Swim 3:30 – 4:30
	Open Swim 3:45 – 4:45		Open Swim 3:45 – 4:45	

*Updated 4/5/21

NOTES:

- **Members must pre-register for pool classes**
 - **ONLINE:** <https://becomingcenter.timetap.com>
 - **PHONE:** 215-643-9896
 - **EMAIL:** abyers@libertylutheran.org
 - **IN-PERSON:** Stop by the gym desk to schedule future workouts
- **Limit one class per day, per member**

CLASS DESCRIPTIONS

Arthritis Basics: Beginner Level class with no *White Water*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

H2O Aerobics: A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

H2OTai Chi: A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well-being, with breathing, meditation and relaxation techniques.