

# McGrane Center Aquatic Schedule

2003 Kootenai Health Way  
Coeur d'Alene, ID 83814  
(208) 625-5311  
www.kh.org/rehab

## Group Exercise Schedule; June-July-August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:50 Level 3		7:00 - 7:50 Level 3		7:00 - 7:50 Level 3
8:15 - 9:00 Level 2	8:15 - 9:00 Level 2	8:15 - 9:00 Level 2	8:15 - 9:00 Level 2	8:15 - 9:00 Level 2
11:30 - 12:15 Level 2	11:00 - 11:45 Level 2	11:30 - 12:15 Level 2	11:00 - 11:45 Level 2	11:30 - 12:15 Level 2
	12:00-12:45 Aqua Yoga/Pilates		12:00-12:45 Aqua Yoga/Pilates	
1:00 - 1:45 AEA-Arthritis Foundation Level 1	1:00 - 1:45 AEA-Arthritis Foundation Level 1	1:00 - 1:45 AEA-Arthritis Foundation Level 1	1:00 - 1:45 AEA-Arthritis Foundation Level 1	Closed to the public at 12:15 p.m.
4:00 - 4:45 p.m. Aqua Yoga/Pilates		4:00 - 4:45 p.m. Aqua Yoga/Pilates		1:00-5:00 Special Needs Safe Swim Lessons. Registration is Required
	5:30 - 6:20 p.m. Level 3		5:30 - 6:20 p.m. Level 3	

### Class Descriptions:

**Level 3:** This class is suitable for fitness levels that can comfortably tolerate 30-minutes of aerobic endurance activity.

**Level 2:** This class is suitable for fitness levels that can comfortably tolerate 20-minutes of aerobic endurance activity.

Cardio classes may include the following formats:

- Kickboxing
- Stations/Circuit Training
- Shallow water
- Deep water
- Aqua equipment variations

Cardio classes and Level one all include the following components:

- Warm-up
- Endurance
- Strengthening
- Stretching

**Aqua Yoga/Pilates;** Adapted Yoga & Pilates for the water, particular attention is paid to building tone in the deeper postural “core” muscles. Class may include; Ai Chi, Balance, Strength, and Relaxation techniques.



This class is suitable for individuals with arthritis, fibromyalgia, after therapy patients and those who enjoy a slower pace. It's a fun, friendly, supportive, social class with 10 min endurance exercise.



## Independent Exercise Schedule; June-July-August 2017

Some pool times are shared with patients, group classes and independent exercise. Please review both sides of the schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
Unavailable	7:00 – 8:00 a.m.	Unavailable	7:00 – 8:00 a.m.	Unavailable
9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.	9:00 – 10:00 a.m.
10:00 - 11:00 a.m.	10:00 - 11:00 a.m.	10:00 - 11:00 a.m.	10:00 - 11:00 a.m.	10:00 - 11:00 a.m.
10:30 – 11:30 a.m.	Unavailable	10:30 – 11:30 a.m.	Unavailable	10:30 - 11:30 a.m.
Unavailable	Unavailable	Unavailable	Unavailable	Closed to the public at 12:15 p.m.
2:00 – 3:00 p.m.	2:00 – 3:00 p.m.	2:00 – 3:00 p.m.	2:00 – 3:00 p.m.	Closed
3:00 – 4:00 p.m.	3:00 – 4:00 p.m.	3:00 – 4:00 p.m.	3:00 – 4:00 p.m.	Closed
Closed	4:00 – 5:00 p.m.	Closed	4:00 – 5:00 p.m.	Closed
Closed	4:30 – 5:30 p.m.	Closed	4:30 – 5:30 p.m.	Closed

**Pre/Post Natal:** An effective way to prepare for childbirth, delivery and recovery. Call (208) 625-5313 for a one-on-one free appointment with a certified prenatal Instructor. We will guide you safely through an independent exercise packet.

**Fees:** *Payment Methods: Cash, Check or Credit Card (Visa, MasterCard, & Discover)*

Community: \$50 swipe card = 12 visits

\$6 single visit

Military Veterans: \$40 with Identification = 12 visits

\$5 single visit

Employee/Auxiliary Fees: \$30 swipe card = 12 visits

\$2.50 single visit

Senior Discount: \$35 swipe card- 70 years and over = 12 visits

Cancer Survivor: \$25 swipe card = 12 visits

### **Prescheduled Closures:**

Tuesday July 4<sup>th</sup> INDEPENDENCE DAY

**McGrane pool message line, 208-625-5359 a recording regarding pool operating hours, changes and unexpected pool closures.**

