

Pool Schedule

Mon	Tue	Wed	Thu	Fri	Sat
Open Swim 7:00-9:00am	Open Swim 7:00am - 12:00pm	Open Swim 7:00-9:00am	Open Swim 7:00am - 12:00pm	Open Swim 7:00-9:00am	*Open Swim 8:00- 10:00am
Aqua Fit 9:00-9:45am		Aqua Fit 9:00-9:45am		Aqua Fit 9:00-9:45am	
Joints in Motion 10:00-10:45am		Balance 10:00-10:30am		Joints in Motion 10:00-10:45am	Volleyball 10:00 - 11:45am
Open Swim 11:00am-12:00pm		Open Swim 10:45am-12:00pm		Open Swim 11:00am-12:00pm	
Pool Closed from 12:00 - 1:00pm			Pool Closed from 12:00 - 1:00pm		
Smart Moves 1:00-1:45pm	Tai-Chi 1:00-1:45pm	Smart Moves 1:00-1:45pm	Walkercise 1:00-1:45pm	Open Swim 1:00-3:00pm	See you on Monday!
Open Swim 2:00-3:00pm	Volleyball 2:00-3:15pm	Open Swim 2:00-3:00pm	Volleyball 2:00-3:15pm		
*Open Swim 3:00-4:00pm	*Open Swim 3:15-5:00pm	*Open Swim 3:00-4:00pm	*Open Swim 3:15-5:00pm		

Class Intensity:
Low
Moderate
High

Contact Information:
Pool Office:
717-581-3998
Wellness Office: ext.
3084
wellness@landis.org

***Resident Guests are invited to open swim**

Class Descriptions

Aqua Fit - High intensity; this class challenges participants with a combination of exercises. This class is designed to help improve both muscular strength and cardiovascular endurance.

Balance- Low intensity; this class focuses on improving balance. This class will incorporate exercises that emphasize posture and strengthen the core while challenging ones balance in the water.

Joints in Motion - Low intensity; instructors lead participants through a series of exercises designed to improve range of motion, flexibility, balance, and overall muscle strength. This class is designed to help relieve pain and stiffness.

Open Swim - This is a time to come and do your own thing! Swim, walk, exercise or relax in the spa! Lap swimming is available.

Smart Moves – Low intensity; This class is geared towards individuals with movement disorders such as Parkinson's, Multiple Sclerosis, early dementia, and stroke recovery. The class is designed to maintain functional movements and work to regain strength and balance. Class is 30 minutes and ends with 15 minutes of games and fun. Spouses and caretakers are also welcome.

Tai-Chi Aquatics - Moderate intensity; Tai Chi Aquatics is a form of aquatic exercise that incorporates the gentle and flowing movements of Tai-Chi. This class is beneficial for recreation, relaxation, fitness, and physical wellness.

Volleyball - Moderate intensity; weekly volleyball games are friendly, competitive and fun!

Walkercise - Moderate intensity; let's go for a walk! If you are looking to add some more movement into your day and go for a walk in the pool, this is the class for you! In this class participants will spend time engaging in various styles of walking.