AbilityFirst

AbilityFirst Long Beach Center Community Aquatics Program Schedule
3770 E Willow St, Long Beach CA 90815
Main Line: (562) 426-6161 Fax: (562) 426-6148
www.abilityfirst.org

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Water Ex 1	Water Ex 3	Water Ex 1	Water Ex 3	Water Ex 1
10:00-11:00	Water Ex 3	Water Ex 2	Water Ex 3	Water Ex 2	Water Ex 3
11:00-12:00	Water Ex 2	Water Ex 1	Water Ex 2	Water Ex 1	Water Ex 2
12:00-1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
1:00-2:00	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental
2:00-3:00	CC- Private Rental	CLOSED	CLOSED	CLOSED	CLOSED
3:00-5:00	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program
5:30-6:30	Water Ex 3	Water Ex 3	Water Ex 3	Water Ex 3	Water Ex 3

Water Exercise Level 1:	Water Exercise Level 2:	Water Exercise Level 3:	Open Swim:
low impact work out best suited for those with limited range of motion due to various medical and physical conditions. A full head to toe work out focusing on one body part at a time. Types of exercises to be expected are stretching, light core work & walking.	medium impact work out best suited for those with more range of motion but still have limited abilities due to various medical and physical conditions. A full head to toe work out focusing on multiple body parts at a time. Types of exercises to be expected are stretching, light strengthen exercises, core work & cardio.	high impact work out best suited for those capable of full range of motion and less limitations due to various medical and physical conditions. A full head to toe work out focusing on strengthening our bodies and getting that heart rate up. Types of exercises to be expected are stretching, strengthen exercises, core work & cardio.	This is a free swim period no instructor led classes.