

## April Pool Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30 Aerobics 10-11  UWH 6:30-7:30	31 Aerobics 10-11	1 Aerobics 10-11	2 Aerobics 9-10  Aerobics 10-11  UWH 6:30-7:30	3 Aerobics 9-10  CHS Scuba 9-2	4 Closed
5	6 Aerobics 10-11  UWH 6:30-7:30	7 Aerobics 10-11	8 Aerobics 10-11	9 Aerobics 9-10  Aerobics 10-11  UWH 6:30-7:30	10 Aerobics 10-11  CDL 11-2	11 Paddle Sports 1-3  CDL 1-4
12	13 Aerobics 10-11  UWH 6:30-7:30	14 Aerobics 10-11	15 Aerobics 10-11	16 Aerobics 9-10  Aerobics 10-11  UWH 6:30-7:30	17 Aerobics 10-11  CHS Scuba 9-2	18 CHS Scuba 1-5
19	20 Aerobics 10-11  UWH 6:30-7:30	21 Aerobics 10-11	22 Aerobics 10-11	23 Aerobics 9-10  Aerobics 10-11  UWH 6:30-7:30	24 Aerobics 10-11  CDL 11-2	25 Paddle Sports 1-3  CDL 1-4
26	27 Aerobics	28 Aerobics	29 Aerobics	30 Aerobics		

	10-11 UWH 6:30-7:30	10-11	10-11	9-10 Aerobics 10-11 UWH 6:30-7:30		
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\*No group lessons until further notice

\*\*For private swim lessons, email Kim at [kcoury@standrewsfitness.com](mailto:kcoury@standrewsfitness.com) telling her your ideal schedule, if your child has any water experience, and how old your child is. After that, Kim or one of her instructors will be in contact with you as soon as possible.

\*\*\*The minimum age for swim lessons is 3 years old, anything younger will be recommended to the ISR program.

- Pool is open 5am-7:30pm Monday through Friday, 8am-4:30pm Saturdays, and 1pm-5:30pm Sundays
- Lap swimming is available 5am-7:30pm
  - Lanes open will depend on reservations

# Underwater Hockey

Underwater hockey is a fast moving game that quickly builds swimming and free diving capabilities. It is co-ed, a great workout, and a lot of fun! It is played on the bottom of a 6-8 feet swimming pool by two teams of six. Players wear fins, mask, snorkel, and a protective glove and headgear (the same kind as for water polo).

The stick is short (1 ft.), the puck is heavy (3 lbs.), Play and strategy are similar to soccer or ice hockey except that the playing service is at the bottom of a pool. The rules are “non-contact” and players generally cover zones around the puck.

Success (scoring) ultimately depends on teamwork, since no single player can hold his/her breath forever. Play is fast and exciting – you go at it hard while holding your breath. The sport offers great cross-training for runners, swimmers, and bikers.

Plus, because it’s non-contact and underwater, people of different sizes and genders play on an equal field.

The club has gear to lend to new players, but if you have a mask and snorkel you are comfortable with, please bring them along.

For more information on joining, contact David Wyanski at

[dwyanski@yahoo.com](mailto:dwyanski@yahoo.com)

Official Charleston Blockade Runners Website