

Welcome to Aquatics at Hawthorne Pool!

Any pool closures will be posted on our Rainout Line (<https://rainoutline.com/search/dnis/3092444114/>). You can sign up for update text messages or emails by following the link. Additionally you can call 244-4114 and check extension 15 for Hawthorne. Special events, registration dates, & scheduled closures on the back.



Hawthorne Pool Schedule 8/17/2019 - May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 6-8a Aqua Ease 8a Aqua Motion/ Aqua Zumba 9a Open Swim 1-4pm	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion/ Aqua Zumba 9a Open Swim 4-6:30p Aqua Motion 5:30p	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion 9a Open Swim 4-6:30p Aqua Motion 5:30p	Open Swim 1-4pm

Aquatic Fitness Class Descriptions

Aqua Ease is a low impact workout class that focuses on activities that can be scaled based on the physical ability of participants. Water walking, walk workouts, minor barbell & noodle use throughout classes.

Aqua Motion, though still low impact, is a higher challenge level aquatic workout class. Participants are challenged to get their heart rate up and build muscles through water resistance and various other activities.

Aqua Zumba is our most challenging aquatic fitness class with our certified instructor leading choreographed dance moves from the deck (and occasionally in the water). Dance the pounds and stress away with Aqua Zumba!

Customer Appreciation

We are offering customer appreciation monthly drawings!

You are welcome to sign up for these & can enter your name once per day. Entry forms are on the Hawthorne desk as you come in. Drawings are held at the end of each month for a variety of prizes!

Office: 1033 S. Lake Storey Rd M-F 8:30a—5p 345-3683

Hawthorne Pool: 2331 Veterans Dr

Register Online: galesburg.maxgalaxy.net

Monthly Email Sign Up: <https://mailchi.mp/ec1012695bc1/cogparksrecreation>