






ST. ANDREW'S FAMILY FITNESS PLUS | FEBRUARY 2023

1642 SAM RITTENBERG BLVD, CHARLESTON, SC 29407

POOL SCHEDULE

843-763-3850

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5AM-745PM LAP SWIM 9-10AM AQUA ZUMBA + YOGA 10-1050AM TONE & STRETCH 1-2PM ORANGE GROVE 430-630PM SMRT 530-630PM AQUA ZUMBA	2 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 10-1050AM DANCIN' IN THE DEEP 430-630 SMRT 	3 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM SALTWATER FIT 330-430PM MW LESSONS 630-745 HOCKEY	4 8-445PM LAP SWIM 9-9:50AM RISE & SHINE 10-10:50AM CARDIO SPLASH
5 1-545PM LAP SWIM	6 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM TONE & STRETCH 230-530PM ISR 430-630 SMRT	7 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 830-930AM AQUA STRENGTH 10-1050AM DEEP H2O INTENSITY 230-530PM ISR 430-630PM SMRT 630-745 HOCKEY	8 5AM-745PM LAP SWIM 9-10AM AQUA ZUMBA + YOGA 10-1050AM TONE & STRETCH 1-2PM ORANGE GROVE 230-530PM ISR 330-430PM MW LESSONS 430-630PM SMRT 530-630PM AQUA ZUMBA	9 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 10-1050AM DANCIN' IN THE DEEP 230-530PM ISR 430-630 SMRT	10 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM SALTWATER FIT 230-530PM ISR 330-430PM MW LESSONS 545-8PM PARENTS' NIGHT OUT 630-745 HOCKEY	11 8-445PM LAP SWIM 9-9:50AM RISE & SHINE 10-10:50AM CARDIO SPLASH 1-430PM SCUBA
12 1-545PM LAP SWIM 1-3PM FDO KAYAK 1-430PM SCUBA	13 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM TONE & STRETCH 230-530PM ISR 430-630 SMRT	14 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 830-930AM AQUA STRENGTH 10-4PM COFC KAYAK 10-1050AM DEEP H2O INTENSITY 430-630PM SMRT 630-745 HOCKEY 	15 5AM-745PM LAP SWIM 9-10AM AQUA ZUMBA + YOGA 10-1050AM TONE & STRETCH 330-430PM MW LESSONS 1-2PM ORANGE GROVE 1-4PM COFC KAYAK 430-630PM SMRT 530-630PM AQUA ZUMBA	16 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 10-4PM COFC KAYAK 10-1050AM DANCIN' IN THE DEEP 430-630 SMRT	17 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM SALTWATER FIT 230-530PM ISR 330-430PM MW LESSONS 630-745 HOCKEY	18 8-445PM LAP SWIM 9-9:50AM RISE & SHINE 10-10:50AM CARDIO SPLASH 1-430PM SCUBA
19 1-545PM LAP SWIM	20  5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM TONE & STRETCH 230-530PM ISR	21 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 830-930AM AQUA STRENGTH 10-1050AM DEEP H2O INTENSITY 230-530PM ISR 430-630PM SMRT 630-745 HOCKEY	22 5AM-745PM LAP SWIM 9-10AM AQUA ZUMBA + YOGA 10-1050AM TONE & STRETCH 1-2PM ORANGE GROVE 230-530PM ISR 330-430PM MW LESSONS 430-630PM SMRT 530-630PM AQUA ZUMBA	23 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 10-1050AM DANCIN' IN THE DEEP 230-530PM ISR 430-630 SMRT	24 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM SALTWATER FIT 230-530PM ISR 330-430PM MW LESSONS 630-745 HOCKEY	25 8-445PM LAP SWIM 9-9:50AM RISE & SHINE 10-10:50AM CARDIO SPLASH 11-2PM SC AQUARIUM SCUBA
26 1-545PM LAP SWIM 1-3PM FDO KAYAK	27 5AM-745PM LAP SWIM 9-950AM AQUA STRENGTH 10-1050AM TONE & STRETCH 230-530PM ISR 430-630 SMRT	28 5AM-745PM LAP SWIM 630-720AM DEEP H2O DYNAMICS 830-930AM AQUA STRENGTH 10-1050AM DEEP H2O INTENSITY 230-530PM ISR 430-630PM SMRT 630-745 HOCKEY				

Lap Swim = DIY aquatic fitness regimens that utilize entire length of one lane. These lanes and times must be shared with other guests and members. Circle swimming or splitting lanes is required during high-volume times. Max 3 per lane, lanes 1-8.

Aqua Strength = SAFFP shallow water water fitness class led by Ms. Cynthia Schirmer and Ms. Suzi Cunningham. "Enjoy shallow water intervals of cardio and strength during this total body workout!" Registration online or day-of at SAFFP registration desk, as space allows. Max 30.

Deep Water Dynamics = SAFFP deep water fitness class led by Ms. Nancy Chiles. "It's a deep water, no impact, joint-friendly, endurance workout." Registration online or day-of at SAFFP registration desk, as space allows. Max 30.

Deep Water Intensity = SAFFP deep water fitness class led by Ms. Randall Parker. "Intense deep water cardio intervals that boost your heart rate, rev up your metabolism, and scorch calories!" Registration online or day-of at SAFFP registration desk, as space allows. Max 30.

Charleston Blockade Runners (Hockey) = SAFFP member-led game. Lanes 5/6-8. Underwater hockey is "a fast, action-packed sport played on the bottom of a swimming pool by two co-ed teams of six players. Because it's non-contact and underwater, people of different sizes, ages and genders play on an equal field - it's not about strength, it's about teamwork and skill." <https://www.charlestonuwh.com/>

Tone + Stretch = SAFFP water fitness class led by Ms. Randall Parker and Ms. Suzi Cunningham. "It's a deep water, no impact, joint-friendly, endurance workout." Registration online or day-of at SAFFP registration desk, as space allows. Max 30.

SMRT = Vendor. Lanes 4-8. The City of Charleston's Southern Marlins Racing Team (SMRT) "offers a guided age group program for children aged six and up, and can accommodate all levels from novice swimmers into competition at the local, state, zone and national levels." <https://www.teamunify.com>

Dancin' in the Deep = SAFFP deep water fitness class led by Ms. Randall Parker. Registration online or day-of at SAFFP registration desk, as space allows. Max 30.

Saltwater FIT = SAFFP deep water fitness class led by Ms. Randall Parker. "Low impact on joints, but high impact on endurance! This specialty aqua small group class focuses on improving your cardiovascular fitness and core stamina." You must RSVP and be part of the FIT Program before coming to this class. Max 10.

Rise + Shine = SAFFP shallow water fitness class led by Ms. Marian Greely. "Shake up your morning routine with this shallow water class! Total body workout, emphasizing toning and strengthening." Registration online or day-of at SAFFP registration desk, as space allows. Max 30. <https://standrewspark.perfectmind.com/>

CDL SCUBA = Vendor. Shallows + Lanes 6-8 "We offer both PADI and SSI courses." <https://carolinadivelocker.com/>

Aqua Zumba = SAFFP shallow water fitness class led by Ms. Mary Rake on Wednesday mornings and Ms. Melanie Warren on Wednesday evenings. Mary's class "combines the Zumba philosophy with vigorous aqua exercises," followed by "traditional yoga poses help to develop strength and static balance." Melanie's class is "one big dance party you won't want to miss!"

Cardio Splash= SAFFP shallow water fitness class led by Ms. Marian Greely. "Use the resistance of the water to improve cardiovascular fitness, endurance, and flexibility."

Orange Grove Elementary = Vendor. Shallows. Swim Lessons for at-risk students.

MW Lessons = Vendor. Lane 8. Private swim lesson vendor. Swim team prep.

FDO Kayak = Vendor. Lanes 7-8. "South Carolina's premier source for high quality "boutique" style coastal kayak tours and sea kayaking instruction." info@fooutdoors.com

CofC Kayak = Vendor. Shallows. <https://cofc.edu/campuslife/sportsandrecreation/>