

Lucknow Pool – Aquatics Program Information

Swimming Lessons

Learning to swim is both great exercise and provides beneficial safety skills in and around the pool. Being safe around water is a lifelong skill you can learn and use at any age. Enjoy the summer while taking part in public lessons with a group, or we also offer one on one lessons with instructors. Learning the basic swimming skills for young children and demonstrating safety around water is so important for both the child and parent. We also provide an adult lesson on learning the basic skills to be comfortable moving around the pool.

Aqua fit

This program is a great way to spend the summer while exercising and keeping a healthy lifestyle. Aqua Fit works many muscles, cardio and finishes with a long stretch. This workout is easier on joints and has the same effect as land workouts.

Advanced Aqua Fit

Advance aqua fit carries a higher pace, while still working your cardio and range of motion. This builds muscle and strength and ending the lesson with stretching helps your recovery all while enjoying the water and summer evenings. This workout is easier on joints and has the same effect as land work outs.

Water Sports & Activities

A drop in program new to the pool this year, targeting young kids to get out and enjoy the summer by offering all different kinds of pool games. Such as: Water Polo, Relays, Water Basketball, Treasure hunts, and more!

Themed Public Swims

Four dates throughout the summer will be having a certain theme during our public swim. This will make it a fun entertaining time well enjoying the swim. Each day has different contests according to each theme with many prizes to be won! See theme poster for more details.

Adult and Tot

This program is a great way to start young children three months and older, to gain comfort around the water early in life. This is an awesome time to meet and play with other tots and young families. Learning the basic swimming skills for young children and safety around the water is very important for the child while being accompanied by a parent or guardian. This is a great program to attend if you plan on entering your child into swimming lessons later on.

For more information about these programs feel free to call the pool at (519) 528-2902 or drop by!