

Sun City West Waterfitness Club May 2024 newsletter

May 2024 newsletter



From the President...

Time seems to be flying by, it is difficult for me to realize it is now May! My iris blooms are now spent yet the green leaves remain steady and tall. Life and nature seem to replicate each other. I am grateful for the strength and steadiness that you each provide to WaterFitness. I hope those that have ventured to cooler climates are safe and having an enjoyable time where ever you may be. We each are so very fortunate.

You will notice that we are now rotating our new TAPE E into our mix!!! We will have Lisa come out and provide a demonstration at RHJ at a later date, but for now we think you will be able to pick it up rather quickly and our web site will have a description of the moves very soon.

Palm Ridge Pool will be closed most all of June and July. The Saturday classes will be moved to the Kuentz pool.

Please remember that none of us own any of the spots at RHJ so stop quibbling.

If for some reason you are not able to monitor on the day you signed up for, please let someone know so that we can make sure we are covered.

I hope daily that you each are able to recognize joy in your lives and perhaps provide a little glimmer to others that may be in need.

Thanks to all and see you at the pool!

Sandra



Congratulations to Kathy Scripp for the winning "Kentucky Derby" hat at our luncheon meeting on April 16.

Pools' Schedules

R.H. Johnson Pool - Monday through Friday at 9 am (outdoors)

Beardsley Pool - Tuesday, Thursday, Friday at 9 am (indoors)

Palm Ridge Pool - Saturday at 9:15 am (indoors)

The Palm Ridge Pool will be closed for some maintenance in June and July. The exact dates are not as yet known. We will move the class to the Kuentz pool during construction.

E IS HERE!!!

We will be introducing our NEW E ROUTINE next week at all 3 pools. Hopefully there are still some part-time resident members here to experience it before they return to their cooler-weather homes.

Lisa will be coming at a future date to demonstrate the moves. Most moves will be familiar, and if you listen closely, you may be able to figure out most of the new combinations. If some are baffling to you, just keep moving your own way. A text file of the moves is being prepared presently and will be available on our web site within the next few days.

We do not have the luxury to try out the new routine and adjust the sound levels before any class time. Please be patient as voice and music may need to be re-mixed for each venue.

E will be played at the following times next week:

Palm Ridge Saturday, May 4 9:15 am

Beardsley Tuesday, May 7 9 am

Johnson Wednesday, May 8 9 am

Since a 5th routine will be added to the rotation, the Beardsley Pool's schedule will be set so the CD's will follow alphabetically for each session. At Johnson, there will be a 5-week rotation, where each Monday will start with a different CD alphabetically. If you look at the schedules below, you will see how a 5th CD affects the rotation. Palm Ridge Saturday schedule has been set so those attending Tuesday and Thursday at Johnson and Saturdays at Palm Ridge will have 3 different routines on those days.

Thank you to the committee and to Lisa for putting together this new routine.

Below are the pools' schedules for May.

The Johnson Pool will be closed on Friday, May 3 for setting up for a Rec Center event. Please attend the Beardsley Pool for class on that day. The A routine will be playing at Johnson on May 2.

Johnson Waterfitness Calendar May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 6 Johnson 9am C	7 Johnson 9am D	8 Johnson 9am E	9 Johnson 9am A	10 Johnson 9am B	
	13 Johnson 9am D	14 Johnson 9am E	15 Johnson 9am A	16 Johnson 9am B	17 Johnson 9am C	
	20 Johnson 9am E	21 Johnson 9am A	22 Johnson 9am B	23 Johnson 9am C	24 Johnson 9am D	
	27 Johnson 9am A	28 Johnson 9am B	29 Johnson 9am C	30 Johnson 9am D	31 Johnson 9am E	
A, B, C D and E refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine. https://waterfitness.scwclubs.com/						

May 2024 Beardsley Waterfitness Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				May 2 Beardsley 9 am B	3 Beardsley 9 am C	
		7 Beardsley 9 am E		9 Beardsley 9 am A	10 Beardsley 9 am B	
		14 Beardsley 9 am C		16 Beardsley 9 am D	17 Beardsley 9 am E	
		21 Beardsley 9 am A		23 Beardsley 9 am B	24 Beardsley 9 am C	
		28 Beardsley 9 am D		30 Beardsley 9 am E	31 Beardsley 9 am A	
A, B, C, D, & E refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine. https://waterfitness.scwclubs.com/						

Palm Ridge schedule for May:

- E May 4
- C May 11
- A May 18
- D May 25