



# AQUATICS SCHEDULE

## LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>5:00-8:45a</b> Lap/Adult (6)	<b>5:00-9:00a</b> Lap/Adult (6)	<b>5:00-7:30a</b> Lap/Adult (6)	<b>5:00-9:00a</b> Lap/Adult (6)	<b>5:00-8:45a</b> Lap/Adult (6)	<b>7:00-8:30a</b> Lap (6)		
					<b>8:30-10:45a</b> Swim Team(3) Lap (3)		
<b>8:45-9:45a</b> Class (3) Lap (3)	<b>9:00-10:00a</b> Class (3) Lap (3)	<b>8:45-9:45a</b> Class (3) Lap (3)	<b>9:00-10:00a</b> Class (3) Lap (3)	<b>8:45-9:45a</b> Class (3) Lap (3)	<b>10:45-12:00</b> Class (2) Lap (4)		<b>10-12:30p</b> Lap (6)
<b>9:45a-1:00p</b> Adult/Lap (3) Open (3)	<b>10:00a-1:00p</b> Adult/Lap (3) Open (3)	<b>9:45a-1:15p</b> Adult/Lap (2) class (4)	<b>10:00a-1:00p</b> Adult/Lap (3) Open (3)	<b>10:30a-11:30p</b> Adult/Lap (2) class (4)	<b>12:00-6:00p</b> Rentals (2) Lap (4)		<b>12:30-1:30p</b> Rentals (3) Lap (3)
<b>1:00-5:30p</b> Lap (3) Family/Open (3)	<b>1:00-5:30p</b> Lap (3) Family/Open (3)	<b>1:00-5:30p</b> Lap (4) Family/Open (2)	<b>1:00-5:30p</b> Lap (3) Family/Open (3)	<b>11:30-6:30p</b> Lap (3) Family/ Open (3)	<b>POOL CLOSES @ 6PM</b>		<b>1:30-3:30p</b> Open (3) Lap (3)
<b>5:30-6:30p</b> Lap (4) Lessons (2)	<b>5:30-6:00p</b> Lap (4) Lessons (2)	<b>5:30-6:30p</b> Lap (4) Lessons (2)	<b>5:30-6:00p</b> Lap (4) Lessons (2)				<b>3:30-5:00p</b> Rentals (3) Lap (3)
<b>6:30-8:00p</b> Swim Team(3) Lap (3) <b>Beginning 9/16 Swim Team (6)</b>	<b>6:30-8:00p</b> Swim Team(3) Lap (3) <b>Beginning 9/16 Swim Team (6)</b>	<b>6:30-8:00p</b> Swim Team(3) Lap (3) <b>Beginning 9/16 Swim Team (6)</b>	<b>6:30-8:00p</b> Swim Team(3) Lap (3) <b>Beginning 9/16 Swim Team (6)</b>	<b>6:30-8:00</b> Swim Team(3) Lap (3) <b>Beginning 9/16 Swim Team (6)</b>		<b>4:30-5:00p</b> Open (3) Lap (3)	<b>POOL CLOSES @ 5PM</b>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30am-8:15am</b>			Hydro Base (7:30am)		
<b>8:45am-9:45am</b>	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
<b>9:00am-10:00am</b>		Water Works		Water Works	
<b>10:30am-11:15am</b>			Hydro Yoga (10:30am)		Hydro Base (10:30am)

## LAP POOL FITNESS SCHEDULE

**\*SCHEDULES EFFECTIVE September 1 through September 30, 2019**



# AQUATICS SCHEDULE

## WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	5:00-9:30a Open/Walk	5:00-9:45a Open/Walk	7:00-9:00a Open/Walk	
9:45a-12p (Classes) <b><u>Pool closed</u></b>	9:30a-12p (Classes) <b><u>Pool closed</u></b>	9:45a-12p (Classes) <b><u>Pool Closed</u></b>	9:30a-12p (Classes) <b><u>Pool Closed</u></b>	9:45a-12p (Classes) <b><u>Pool closed</u></b>	9:00a-12:45p (Classes) <b><u>Pool closed</u></b>	
12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-5:00p Open/group	12:00-4:00p Open/group	12:00-8:30p Open Swim	12:45-6:00p Open Swim <b>POOL CLOSING @ 6PM</b>	10:00-5:00p Open Swim <b>POOL CLOSING @ 5PM</b>
5:00-7:15p (Classes) <b><u>Pool closed</u></b>	5:00-7:15p (Classes) <b><u>Pool closed</u></b>	5:00-7:15p (Classes) <b><u>Pool Closed</u></b>	4:00-7:15p (Classes) <b><u>Pool Closed</u></b>			
7:15-8:30p Open	7:15-8:30p Open	7:15-8:30p Open	7:15-8:30p Open			

## WARM WATER POOL FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:50am-10:45a	Joints-n-Motion		Joints-n-Motion		Joints-n-Motion
11:00am-12:00pm	Arthritis		Arthritis		Arthritis
5:45pm-6:30pm	Aqua Flex	Aqua Flex		Aqua Flex (4:00pm)	
5:45pm-6:30pm			Aqua Zumba		

Note: During class times, the warm water pool will be **closed** for open swim

**Aquatic (10) class passport cards are available \$65.00**

**\*SCHEDULES EFFECTIVE September 1 through September 30, 2019**

