

# the 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>7:00-9:00a</b> Lap (6)	
<b>8:45-9:45a</b> Class (3) Lap (3)	<b>9:00-10:00a</b> Class (3) Lap (3)	<b>7:30-9:45a</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>9:00a-12:30p</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>12:30-1:30p</b> Rentals (3) Lap (3)	<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>1:30-3:30p</b> Open (3) Lap (3)	<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>3:30-4:30p</b> Rentals (3) Lap (3)	<b>3:30-4:30p</b> Rentals (3) Lap (3)
<b>6:30-8:30p</b> Lap (2) Swim clinic (4)	<b>6:30-8:30p</b> Open (2) Lap (2) USA (2)	<b>6:30-8:30p</b> Lap (2) Swim clinic (4)	<b>6:30-8:30p</b> Open (2) Lap (2) USA (2)		<b>6:30-8:30</b> Lap (2) Swim clinic (4)	<b>4:30-6:00p</b> Open (3) Lap (3)

( ) = Indicates lanes available

## LAP POOL FITNESS SCHEDULE

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

**\*\*SCHEDULES EFFECTIVE September 1 through September 30, 2018**

# the **Y** 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-12:15p (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	12:15-6:00p Open Swim	12:00-7:00p Open Swim
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
9:50-10:45a	Joints-n-Motion		Joints-n-Motion		Joints-n- Motion
11:00a-12p	Arthritis		Arthritis		Arthritis
5:45-6:45p	Aqua Flex	Aqua Flex			
5:45-6:30p			Aqua Zumba		

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

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