

AQUATICS SCHEDULE | NOVEMBER 24 – MARCH 9

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am							
7:30am							
8:00am	Lap Swim (Peak) 8am-10am	Lap Swim (Peak) 7am-9am	Lap Swim (Peak) 7am-9am	Lap Swim (Peak) 7am-9am	Lap Swim (Peak) 7am-9am	Lap Swim (Peak) 7am-9am	Lap Swim (Peak) 8am-10am
8:30am							
9:00am							
9:30am		Lap Swim (Non-Peak) 9am-11am	Lap Swim (Non-Peak) 9am-11am	Lap Swim (Non-Peak) 9am-11am	Lap Swim (Non-Peak) 9am-11am	Lap Swim (Non-Peak) 9am-11am	
10:00am	Swim Lessons 10am-12pm						Swim Lessons 10am-12pm
10:30am							
11:00am							
11:30am		Aquatic Aerobics w/ Ann 11am-11:45am	Aqua Dance Party w/ Joyce 11am-11:45am	Deep Water Aerobics w/ Ann 11am-11:45am	Aqua Dance Party w/ Joyce 11am-11:45am	Aqua Yoga w/Jan 11am-11:45am	
12:00pm							
12:30pm	Family Swim 12:30pm-2pm						Family Swim 12:30pm-2pm
1:00pm			Lap Swim (Non-Peak) 1pm-2pm				
1:30pm							
2:00pm		Lap Swim (Non-Peak) 1pm-3:30pm		Lap Swim (Non-Peak) 1pm-3:30pm	Lap Swim (Non-Peak) 1pm-3:30pm	Lap Swim (Non-Peak) 1pm-3:30pm	
2:30pm							
3:00pm							
3:30pm							
4:00pm			Swim Lessons 2pm-6pm			Swim Lessons 3:30pm-5pm	
4:30pm							
5:00pm		Swim Lessons/ Swim Team Practice 3:30pm-6:30pm		Swim Lessons/ Swim Team Practice 3:30pm-6:30pm	Swim Lessons/ Swim Team Practice 3:30pm-6:30pm		
5:30pm							
6:00pm							
6:30pm							
7:00pm		Lap Swim (Non-Peak) 6:30pm-8pm	Lap Swim (Non-Peak) 6pm-8pm	Lap Swim (Non-Peak) 6:30pm-8pm	Lap Swim (Non-Peak) 6:30pm-8pm		
7:30pm							
8:00pm							
8:30pm							

- Adult Lap Swim (Non-Peak)
- Adult Lap Swim (Peak Hours)*
- Aqua Group Exercise Classes*
- Swim Lessons/Classes
- Family Swim

Lap Swim is for ages 18+

*Includes all membership types except Senior Silver and Insurance Participants

Pool Closed:
12-1pm (Mon-Fri)
12-12:30pm (Sat/Sun)