



Large Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:30	LAP 5:30-9:55 Exceptions: Two lanes from 9-9:55, Friday (shared with Pre/Post Natal)					<i>Pool opens at 7am</i>						
6:00												
6:30												
7:00						LAP 7-1:25						
7:30						Exceptions: Two lanes from 8-12:30 (shared with Lessons)						
8:00						LAP 7:00-12:25						
8:30												
9:00								Pre/Post Natal 9-9:55				
9:30						Lessons 2 Lanes 8:00-12:30						
10:00						Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	LAP 7:00-12:25	
10:30	Aqua Zumba	Aqua Challenge	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics							
11:00	LAP 12-1:25					LAP 7-1:25						
11:30												
12:00												
12:30												
1:00	Senior Ex 1:30-2:25 Lap Swim 2 lanes 1:30-3:25 Therapeutic Ex 1:30-2:25 Senior Ex 1:30-2:25 Lap Swim 2 lanes 1:30-3:25 Therapeutic Ex 1:30-2:25 Senior Ex 1:30-2:25 Lap Swim 2 lanes 1:30-3:25 Family Swim 1:30-4:25					Aqua Challenge w/Walter (Weeks 2, 4, 5 th) OR Aqua Zumba w/Sheila (Weeks 1 & 3 rd) 12:30-1:25						
1:30												
2:00												
2:30						Lap Swim 2 lanes 2:30-3:25	Adult Open 2:30-3:25	Lap Swim 2 Lanes 2:30-3:25	Adult Open 2:30-3:25	Lap Swim 2 Lanes 2:30-3:25		
3:00						Family Swim 2:30-4:55		Family Swim 2:30-4:55		Family Swim 3:30-4:55	Lessons 2 Lanes 3:30-5:00	
3:30						Lessons 3:30-5:00		Lessons 3:30-5:00		Family Swim 1:30-4:55		
4:00						Lessons 3:30-5:00		Lessons 3:30-5:00		Family Swim 1:30-4:55		
4:30						Lessons 3:30-5:00		Lessons 3:30-5:00		Family Swim 1:30-4:55		
5:00						Energetic Aqua Aerobics	Aqua Aerobics	Energetic Aqua Aerobics	Aqua Challenge	Aqua Aerobics	FAMILY LAP 4:30-5:25	
5:30						Energetic Aqua Aerobics Aqua Aerobics Energetic Aqua Aerobics Aqua Challenge Aqua Aerobics					FAMILY LAP 4:30-5:25	
6:00	LAP 6-7:30 (2 lanes)		Pre/Post Natal 6-6:55	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55						LAP 6-8:25 (2 lanes)	Lessons 6:00-7:30
6:30	LAP 6-7:30 (2 lanes)		Pre/Post Natal 6-6:55	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55						LAP 6-8:25 (2 lanes)	Lessons 6:00-7:30
7:00	LAP 6-8:25 (2 lanes)	Family Swim 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25						Family Swim 7:30-8:25	LAP 5:25-7:30
7:30	LAP 6-8:25 (2 lanes)	Family Swim 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25						Family Swim 7:30-8:25	LAP 6:00-7:30
8:00	LAP 6-8:25 (2 lanes)	Family Swim 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25	Family LAP 7:30-8:25						Family Swim 7:30-8:25	LAP 6:00-7:30
8:30	LAP 8:30-9:30										<i>Pool closes at 7:30pm</i>	
9:00												
9:30												
9:30												

Schedule & Fees subject to change.

- * REC SWIM & Family Swim: For all ages (Age 6 & under must be accompanied in the pool by an adult): Fee \$10 per family
- * PRIVATE LESSONS may be taught during Lap swim/Water Aerobics/Adult Open Exercise.

- * ADULT OPEN EXERCISE & LAP SWIM/FAMILY LAP: Must be 15 years of age or older & family Lap time when families can swim laps together. Unless approved by Aquatic Director or Lifeguard.

- * Lap swim is continuous swimming. For your safety, please swim in the appropriate lap lane.
 - * WATER WALKING IS APPROVED FOR SLOW LANE. For your safety, continuous forward progression is required.
- Revised July 2016