



# Large Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

- \* 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 May 2018