



Large Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

*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