



Small Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	ADULT OPEN EXERCISE 5:30-8:25					Pool Opens at 7:00am	
6:00							
6:30							
7:00						ADULT OPEN EXERCISE 7:00-8:15	ADULT OPEN EXERCISE 7:00-12:25
7:30							
8:00							
8:30	LESSONS: MONDAY-THURSDAY ONLY 8:25 -10:00AM FAMILY SWIM: MONDAY-FRIDAY 8:30-10:00AM					Lessons 8:00-12:15	
9:00							
9:30							
10:00	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	Enabling Aquatics 10:30-12	ADULT OPEN EXERCISE 7:00-12:25
10:30							
11:00	ADULT OPEN EXERCISE 11-12:25 Shared Pool - With 11am Water Fitness Class	ADULT OPEN EXERCISE 11-1:25 Shared Pool - With 11am Water Fitness Class	Family Swim 11:00-1:25	ADULT OPEN EXERCISE 11-1:25 Shared Pool - With 11am Water Fitness Class	ADULT OPEN EXERCISE 11-1:25 Shared Pool - With 11am Water Fitness Class	Adult Open Exercise 12-1:25	
11:30							
12:00	Family Swim 12:30-1:25	Therapeutic Ex 1:30-2:25	Senior Ex 1:30-2:25	Therapeutic Ex 1:30-2:25	Senior Ex 1:30-2:25	Family Swim 12:30-4:55	
12:30							
1:00	Senior Ex 1:30-2:25	Therapeutic Ex 1:30-2:25	Senior Ex 1:30-2:25	Therapeutic Ex 1:30-2:25	Senior Ex 1:30-2:25	Family Swim 1:30-4:25	
1:30							
12:00	Family Swim 2:30-3:25	Lessons 2:30 - 7	Family Swim 2:30-4:55	Lessons 2:30 - 7	Family Swim 2:30-3:25	Family Swim 2:30-4:55	
2:30							
3:00	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	ADULT OPEN EX 4-6:55	
3:30							
4:00	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	ADULT OPEN EX 4-6:55	
4:30							
5:00	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	ADULT OPEN EX 4-6:55	
5:30							
6:00	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	ADULT OPEN EX 4-6:55	
6:30							
7:00	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	Lessons 2:30 - 7	ADULT OPEN EX 4-6:55	ADULT OPEN EX 4-6:55	
7:30							
7:30	Family Swim 7:00-8:25					ADULT OPEN EXERCISE 4:30-7:30	ADULT OPEN EXERCISE 5:00-7:30
8:00							
8:30	ADULT OPEN EXERCISE 8:30-9:30					Pool Closes at 7:30pm	
9:00							
9:30							

NOTES:

- * 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 Adult Open Exercise and Saturday mornings from 8AM-12 PM.
- * ADULT OPEN EXERCISE: Must be 15 years of age or older. Unless approved by Aquatics Director or Lifeguard.
- * Swim class participants (including adults) – **DO NOT ENTER** the pool until the instructor is present and the class has started.
- * Anyone can participate with Lifeguard discretion.
- * *Shower off before entering the water.*

Revised May 2018