



Large Pool Schedule

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><i>Pool opens at 7am</i></p>						
6:00												
6:30												
7:00						LAP 7-1:25	LAP 7:00-12:25					
7:30						<p>Exceptions: Two lanes from 8-12:30 (shared with Lessons)</p>						
8:00						<p>Pre/Post Natal 9-9:55</p>						
8:30						<p>Lessons 2 Lanes 8:00-12:30</p>						
9:00						Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	LAP 7-1:25	Lessons (1 Lane) 8:30-12:30
9:30												
10:00	Aqua Aerobics	Aqua Challenge	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	LAP 7-1:25	Lessons (1 Lane) 8:30-12:30					
10:30												
11:00	<p>LAP 12-1:25</p>					LAP 7-1:25	<p>Aqua Challenge w/Walter (Weeks 2, 4, 5th) OR Aqua Zumba w/Sheila (Weeks 1 & 3rd) 12:30-1:25</p>					
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	Family Swim 1:30-4:25				
1:30												
2:00	Lap Swim 2 lanes 2:30-3:25	Adult Open 2:30-3:25	Family Swim 2:30-4:55	Lap Swim 2 Lanes 2:30-3:25	Adult Open 2:30-3:25	Family Swim 2:30-4:55	Lap Swim 2 Lanes 2:30-3:25	Adult Open 2:30-3:30	Family Swim 1:30-4:55			
2:30												
3:00	Lessons 3:30-5:00		Family Swim 2:30-4:55	Lessons 3:30-5:00		Family Swim 2:30-4:55	Family Swim 3:30-4:55	Lessons 2 Lanes 3:30-5:00	Family Swim 1:30-4:55			
3:30												
4:00	Lessons 3:30-5:00		Family Swim 2:30-4:55	Lessons 3:30-5:00		Family Swim 2:30-4:55	Family Swim 3:30-4:55	Lessons 2 Lanes 3:30-5:00	Family Swim 1:30-4:55			
4:30												
5:00	Energetic Aqua Aerobics	Aqua Aerobics	Energetic Aqua Aerobics	Aqua Challenge	Aqua Aerobics	FAMILY LAP 4:30-5:25	FAMILY LAP 5-6:00					
5:30												
6:00	LAP 6-8:25 (2 lanes)	Lessons 6-7:30	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lesson 6-7:30	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lessons 6:00-7:30	LAP 5:25-7:30	LAP 6:00-7:30
6:30												
7:00	LAP 6-8:25 (2 lanes)	Family Swim 7:30-8:25	Family LAP 7:30-8:25	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lesson 6-7:30	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lessons 6:00-7:30	LAP 5:25-7:30	LAP 6:00-7:30
7:30												
8:00	LAP 6-8:25 (2 lanes)	Family Swim 7:30-8:25	Family LAP 7:30-8:25	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lesson 6-7:30	LAP 6-7:25 (2 lanes)	Pre/Post Natal 6-6:55	LAP 6-8:25 (2 lanes)	Lessons 6:00-7:30	LAP 5:25-7:30	LAP 6:00-7:30
8:30												
9:00	<p>LAP 8:30-9:30</p>					<p><i>Pool closes at 7:30pm</i></p>						
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 September 2018