



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	
7:30							
8:00							
8:30	Lessons 8:25 -10:00	Shared Pool - Monday-Thursday *(limited space is available for family swim.)		*Family Swim 8:30 - 10:00 Monday-Friday		Lessons 8:00-12:15	ADULT OPEN EXERCISE 7:00-12:25
9:00							
9:30	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	Enabling Aquatics 10:30-12	
10:00							
10:30	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	
11:00							
11:30	Family Swim 12:30-1:25	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	
12:00							
12:30	Family Swim 12:30-1:25	Family Swim 12:30-4:55	Family Swim 12:30-4:55	Family Swim 12:30-4:55	Family Swim 12:30-4:55	Family Swim 12:30-4:55	
1:00							
1:30	Lessons 2:30 - 7	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 EXERCISE 4:30-7:30
12:00							
2:30	Lessons 2:30 - 7	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	
3:00							
3:30	Family Swim 2:30-3:25	Family Swim 2:30-4:55	Family Swim 2:30-3:25	Family Swim 2:30-4:55	Family Swim 2:30-4:55	Family Swim 2:30-4:55	
4:00							
4:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	
5:00							
5:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	
6:00							
6:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	Family Swim 2:30-8:25	ADULT OPEN EXERCISE 5:00-7:30	
7:00							
7:30	Family Swim 7:00-8:25					Pool Closes at 7:30pm	
8:00	ADULT OPEN EXERCISE 8:30-9:30						
8:30							
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 July 2016