

# the AQUATICS SCHEDULE

## LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00-8:45a</b> Lap/Adult (6)	<b>5:00-9:00a</b> Lap/Adult (6)	<b>5:00-7:30a</b> Lap/Adult (6)	<b>5:00-9:00a</b> Lap/Adult (6)	<b>5:00-8:45a</b> Lap/Adult (6)		
					<b>7:00-9:00a</b> Lap (6)	
<b>8:45-9:45a</b> Class (3) Lap (3)	<b>9:00-10:00a</b> Class (3) Lap (3)	<b>7:30-10:15a</b> Class (3) Lap (3)	<b>9:00-10:00a</b> Class (3) Lap (3)	<b>8:45-9:45a</b> Class (3) Lap (3)	<b>9:00a-12:30p</b> Class (2) Lap (4)	<b>12-12:30p</b> Lap (6)
<b>9:45a-12:30p</b> Lap (3) Open/camp (3)	<b>10:00a-12:30p</b> Lap (3) Open/camp (3)	<b>9:45a-12:30p</b> Lap (3) Open/camp (3)	<b>10:00a-12:30p</b> Lap (3) Open/camp (3)	<b>9:45a-12:30p</b> Lap (3) Open/camp (3)	<b>12:30-1:30p</b> Rentals (3) Lap (3)	<b>12:30-1:30p</b> Rentals (3) Lap (3)
<b>1:00-5:30p</b> Lap (3) Family/Open/Camp (3)	<b>1:00-5:30p</b> Lap (3) Family/Open/Camp(3)	<b>1:00-5:30p</b> Lap (3) Family/Open/Camp (3)	<b>12:30-3:30p</b> Lap (3) Family/Open/Camp (3)	<b>12:30-6:30p</b> Lap (3) Family/Open/Camp (3)	<b>1:30-2p</b> Open (3) Lap (3) <b>Pool closes at 2pm</b>	<b>1:30-3:30p</b> Open (3) Lap (3)
<b>3:30-6:30p</b> Lap (4) Lessons (2)	<b>3:30-6:30p</b> Lap (4) Lessons (2)	<b>3:30-6:30p</b> Lap (4) Lessons (2)	<b>3:30-6:30p</b> Lap (4) Lessons (2)			<b>3:30-4:30p</b> Rentals (3) Lap (3)
<b>SWIM TEAM 6:30-8 POOL CLOSED 8:00-9:00p</b> Open(2)Lap(4)	<b>6:30-9:00p</b> Open (2) Lap (2) Swim team (2)	<b>SWIM TEAM 6:30-8 POOL CLOSED 8:00-9:00p</b> Open(2)Lap(4)	<b>6:30-9:00p</b> Open (2) Lap (2) Swim team (2)	<b>SWIM TEAM 6:30-8:30 POOL CLOSED</b>		<b>4:30-7:00p</b> Open (3) Lap (3)

( ) = Indicates lanes available

## LAP POOL FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:45-9:45a</b>	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics
<b>9:00-10:00a</b>		Water Works	Hydro Base 7:30-8:15 am	Water Works	
			Hydro Yoga 10:15-11:00 am		Hydro Base 10:30-11:15 am
				Hydro Base 5:45-6:30 pm	

**\*\*SCHEDULES EFFECTIVE THROUGH JULY 31, 2017**



# AQUATICS SCHEDULE

## WARM WATER POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00-9:45a</b> Open/Walk	<b>5:00-8:30a</b> Open/Walk	<b>5:00-9:45a</b> Open/Walk	<b>5:00-8:30a</b> Open/Walk	<b>5:00-9:45a</b> Open/Walk	<b>7:00-9:00a</b> Open/Walk	
<b>9:45a-12p</b> (Classes) <b>Pool closed</b>	<b>8:30a-12p</b> (Classes) <b>Pool closed</b>	<b>9:45a-12p</b> (Classes) <b>Pool closed</b>	<b>8:30a-12p</b> (Classes) <b>Pool closed</b>	<b>9:45a-12p</b> (Classes) <b>Pool closed</b>	<b>9:00a-12:15p</b> (Classes) <b>Pool closed</b>	
<b>12:00-5:00p</b> Open/group	<b>12:00-5:00p</b> Open/group	<b>12:00-5:00p</b> Open/group	<b>12:00-5:00p</b> Open/group	<b>12:00-8:30p</b> Open Swim	<b>12:15-2:00p</b> Open Swim <b>POOL CLOSSES AT 2PM</b>	<b>12:00-7:00p</b> Open Swim
<b>5:00-7:15p</b> (Classes) <b>Pool closed</b>	<b>5:00-7:30p</b> (Classes) <b>Pool closed</b>	<b>5:00-7:15p</b> (Classes) <b>Pool closed</b>	<b>5:00-7:30p</b> (Classes) <b>Pool closed</b>			
<b>7:15-8:30p</b> Open	<b>7:30-8:30p</b> Open	<b>7:15-8:30p</b> Open	<b>7:30-8:30p</b> Open			

## WARM WATER POOL FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:50-10:45a</b>	Joints-n-Motion		Joints-n-Motion		Joints-n- Motion
<b>11:00a-12p</b>	Arthritis		Arthritis		Arthritis
<b>5:45-6:45p</b>	Aqua Flex	Aqua Flex			
<b>5:45-6:30p</b>			Aqua Zumba		

**Note: During class times, the warm water pool will be closed for open swim**

**\*\*SCHEDULES EFFECTIVE THROUGH JULY 31, 2017**