



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/1 Open 10:00am to 2:00pm	Lap Swim 5:30 – 8:00am					Lap Swim 7:00–9:00am
	Adult Recreation 8:00–9:00/ 2 Lap Lanes 8:00–8:30/ 1 Lap Lane 8:30–9:00					Aquacise/ Deep End Adult Rec 9:00–10:00am
Lap Swim 10:00–12:00pm	Aquacize/Deep End Adult Rec 9:00–10:00am	AquaDANCE/ Deep End Adult Rec 9:00–10:00am	Aquacize/ Deep End Adult Rec 9:00–10:00am	AquaDANCE/ Deep End Adult Rec 9:00–10:00am	Aquacize/ Deep End Adult Rec 9:00–10:00am	Aquacise/ Deep End Adult Rec 9:00–10:00am
Half Lap/ Half Open 11:00am– 12:00pm	Deep Water Toning/ Gentle Splash 10:00–11:00am	Water Walk/ Deep End Adult Rec 10:00–11:00am	Deep Water Toning/ Gentle Splash 10:00–11:00am	Water Walk/ Deep End Adult Rec 10:00–11:00am	Deep Water Toning/ Gentle Splash 10:00–11:00am	Swim Lessons 10:00–11:30am
Open Swim*** 12:00–2:30pm	Open Swim*** 11:00am –12:00pm	Open Swim*** 11:00am–12:00pm	AquaZumba®/ Deep End Adult Rec 11:00am–12:00pm	Preschool Swim Lessons 11:00am–12:00pm	Swim Lessons/ Half Lap 11:00am–12:00pm	Lap Swim 11:30am–12:30pm
Rental 2:30–3:30pm	Lap Swim 12:00 – 1:00pm					Open Swim***/ Community Swim 12:30–3:30pm
Rental 3:30–4:30pm	Gentle Splash/ Deep End Adult Rec 1:00–2:00pm	Physical Therapy 1:00–4:00pm	Gentle Splash/ Deep End Adult Rec 1:00–2:00pm	Physical Therapy 1:00–4:00pm	Gentle Splash/ Deep End Adult Rec 1:00–2:00pm	
1/1 Open 10:00am to 2:00pm	Adult Rec 2:00–3:00pm		Adult Rec 2:00–3:00pm		Adult Rec 2:00–3:00pm	Adult Rec 2:00–3:00pm
	Open Swim***/One Lap Lane 3:00–4:30pm	Open Swim***/One Lap Lane 3:00–4:30pm	Open Swim***/One Lap Lane 3:00–4:30pm	Open Swim***/One Lap Lane 3:00–4:30pm	Open Swim***/One Lap Lane 3:00–4:30pm	Rental 3:30–4:30pm
1/1 Open 10:00am to 2:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:30–6:30pm	Rental 4:30–5:30pm
	Swim Team 4:30–6:30pm	Swim Lessons 5:00–7:00pm	Swim Team 4:30–6:30pm	Swim Lessons 5:00–7:30pm	Swim Team 4:30–6:30pm	1/1 Open 10:00am to 2:00pm
	H2cardiO/ Deep End Adult Rec 6:30–7:30pm	Aqua Zumba / Deep End Adult Rec 7:00–8:00pm	H2cardiO/ Deep End Adult Rec 6:30–7:30pm	H2cardiO/ Deep End Adult Rec 6:30–7:30pm	Lap Swim 6:30–7:30pm	
	Open Swim*** 7:30–8:30pm	Open Swim*** 8:00–8:30pm	Open Swim*** 7:30–8:30pm	Open Swim*** 7:30–8:30pm	Open Swim*** 7:30–8:30pm	

*The Pool Schedule is SUBJECT TO CHANGE. Updates will be posted in the event of a closing.

** Children under 7 years old or who need floatation must be accompanied by an adult, in the water & no more than arms length away.

*****During Open Swim & Adult Recreation one lap lane may be placed if there are fewer than 15 open swimmers. HOWEVER, when swimming laps during open swim, lap swimmers must defer to the open swimming patrons. You may be asked to condense to one lane and circle swim.**

Minors will be asked to take a swim test before entering the deep-end.

Aquacize – A light cardio workout that is gentle on your joints. Increase strength and flexibility using a variety of water exercise equipment.

H2cardiO – This water fitness class will raise your heart rate with various exercises and games. It's like a party in the water!

AquaDANCE – A low impact light cardio workout in the shallow end of the pool. Get your heart rate up by dancing in the water to your favorite classic and contemporary hits.

Deep Water Toning – A no impact class that utilizes a variety of water exercise equipment and provides high resistance for the whole body. Deep water provides a resistance environment for strengthening major muscles, the core muscles of the abs and back, as well as the arms and legs.

Gentle Splash - This class offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.

AquaZUMBA® - This class fuses Latin rhythms and easy to follow dance moves to create a dynamic water workout that is FUN! This is a great workout to start your day.

Water Walk – This is a low-impact, light-intensity workout set to music, that uses the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility by performing various types of walking forward, backward, and sideways through the water.

Deep-end Adult Recreation held during shallow water exercise classes are a courtesy. Please refrain from loud behavior that may distract from the class.

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