



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

SWIMMING POOL

mon	tues	wed	thur	fri	sat	sun
LAPSWIM 5:30-8:30am (all lanes)	LAPSWIM 5:30-8:40am (all lanes)	LAPSWIM 5:30-8:30am (all lanes)	LAPSWIM 5:30-8:40am (all lanes)	LAPSWIM 5:30-8:30am (all lanes)	LAPSWIM 7:00-9:00am (all lanes)	LAP SWIM 9:00am-5:30pm (all lanes)
AQUA FIT 2 Lanes Lap Swim 8:30-9:30am	SWIM LESSONS 2 Lanes Lap Swim 9:20-10:30am	AQUA FIT 2 Lanes Lap Swim 8:30-9:30am	SWIM LESSONS 2 Lanes Lap Swim 9:20-10:30am	AQUA FIT 2 Lanes Lap Swim 8:30-9:30am	SWIM LESSONS 2 lanes Lap Swim 9:00-12:00pm	
AQUA FIT 1 Lane Lap Swim 9:35-10:35am	LAP SWIM 10:40am-5:00pm (all lanes)	AQUA FIT 1 Lane Lap Swim 9:35-10:35am	LAP SWIM 10:40am-5:00pm (all lanes)	AQUA FIT 1 Lane Lap Swim 9:35-10:35am	LAPSWIM 10:35-6:30pm (all lanes)	
LAPSWIM 10:40am-5:20pm (all lanes)	SWIM LESSONS WATER AEROBICS 1 Lanes Lap swim 5:30-8:15pm	LAPSWIM 10:40am-5:20pm (all lanes)	SWIM LESSONS WATER AEROBICS 1 Lanes Lap swim 5:30-8:15pm	LAPSWIM 10:35-7:30pm (all lanes)		
SWIM LESSONS WATER AEROBICS 1 Lanes Lap swim 5:00-7:30pm	LAP SWIM 8:15-9:30pm (all lanes)	WATERAEROBICS 2 Lanes Lap Swim 6:30-7:30pm	LAP SWIM 8:15-9:30pm (all lanes)			
LAPSWIM 7:35-9:00pm (all lanes)		LAPSWIM 7:35-9:00pm (all lanes)				

PLEASE NOTE:

- Proper swim attire is required. No cut-offs, athletic wear or boxer shorts. Dedicated swim cotton shorts & t-shirt allowed with a liner underneath.
- Please shower before entering pools.
- Lap lanes used for lap swimming or walking. Must be 10+ years old and maintain continuous movement from end to end.
- Lanes are expected to be shared with others and follow either a "split lane" or "circle swim" pattern.
- No spitting or nose blowing allowed in pool at any time.
- Children 6 and up must utilize the appropriate gender locker room.
- Pool closes for a minimum of 30 min. during thunder and lightning.
- Pool schedule may change at any time without notice.



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POOL SCHEDULE

ADULT AQUATICS CLASSES

mon	tue	wed	thurs	fri	sat
AQUA FIT 8:30-9:30am		AQUA FIT 8:30-9:30am		AQUA FIT 8:30-9:30am	
AQUA FIT 9:35-10:35am		AQUA FIT 9:35-10:35am		AQUA FIT 9:35-10:35am	
WATER AEROBICS 6:30-7:30pm	DEEP WATER AEROBICS 5:30-6:30pm	WATER AEROBICS 6:30-7:30pm	DEEP WATER AEROBICS 5:30-6:30pm		WATER AEROBICS 9:00-10:00am
COMPETITIVE SWIM TRAINING YARDAGE 6:00-7:00pm			COMPETITIVE SWIM TRAINING STROKES 7:00-8:00pm		

CLASS DESCRIPTIONS:

AQUA FIT: Class is geared for those individuals 50 years and older. A combination of cardiovascular and strength training complete the 60 min. class. Swimming skills are not necessary to participate in class.

WATER AEROBICS: For those looking for a great cardio workout without the stress on the joints. All ages welcome. Swimming skills are not necessary to participate in class.

DEEP WATER AEROBICS: A great cardiovascular workout without the impact on your joints. Participants use floatation belts and water dumbbells to keep afloat. Must be comfortable in deep water.

ADULT COMPETITIVE SWIM TRAINING YARDAGE: Open to all adults who'd like to improve their swimming efficiency to help you swim further and faster.

ADULT COMPETITIVE SWIM TRAINING STROKES: Open to all adults who'd like to improve their stroke mechanics and improve their technique. Drills will focus on refinement of body mechanics to help you improve your efficiency.