



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

LAP 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 5:30-4:00pm (all lanes)	LAPSWIM 7:00-9:30am (all lanes)	LAPSWIM 7:00am-9:30am (all lanes)
ARTHRITIS CLASS 2 Lane Lap Swim 8:30-9:30am	WATER AEROBICS No Lap Swim 8:55-10:00am	ARTHRITIS CLASS 2 Lane Lap Swim 8:30-9:30am	WATER AEROBICS No Lap Swim 8:55-11:00am	SWIM LESSONS 2 lanes Lap Swim 4:00-5:00pm	SWIM LESSONS 2 lane Lap Swim 9:30-11:30am	LAP SWIM 3 lanes lap swim 9:30-12:00pm
LAPSWIM 9:30-12:45am (all lanes)	LAPSWIM 10:00-2:55pm (all lanes)	LAPSWIM 9:30-12:45pm (all lanes)	LAP SWIM 10:00-4:30pm (all lanes)	LAPSWIM 2 Lanes Family 5:00-7:30pm 3 Lap Lanes LAP SWIM	LAPSWIM 2 Lanes Family 11:30-6:30pm 3 Lap Lanes LAP SWIM	12:00-5:30pm LAP SWIM 3 Lanes 2 Lanes Family
SWIM LESSONS 4 Lanes Lap swim 12:45-2:30pm	ARTHRITIS CLASS 2 Lane Lap Swim 2:55-4:00pm	SWIM LESSONS 2 Lane Lap Swim 12:45-3:00pm	SWIM LESSONS 2 lanes Lap Swim 4:30-7:00pm			
LAP SWIM 2:30-5:30pm (3 lanes)	LAP SWIM 4:00-5:30pm (all lanes)	LAP SWIM 3:00-5:30pm (all lanes)	SWIM LESSON 3 lanes Lap Swim 7:00-8:15pm			
SWIM LESSONS 2 Lanes Lap swim 5:30-7:00pm	SWIM LESSONS 1 Lane Lap swim 5:30-8:15pm	SWIM LESSONS 2 Lanes Lap swim 5:30-7:00pm	LAP SWIM 8:15-9:30pm			
WATER AEROBICS 1 Lane Lap Swim 7:00-8:00pm		WATER AEROBICS 1 Lane Lap Swim 7:00-8:00pm				
LAPSWIM 8:00-9:30pm (all lanes)	LAP SWIM 8:15pm-9:30pm (all lanes)	LAP SWIM 8:00pm-9:30pm (all lanes)				

PLEASE NOTE:

Please shower before entering pools.
Proper Swim attire is required. No cut-offs, sweats, cotton shorts, t-shirts are allowed, but must have swim suit with a liner underneath. Lap Swim Ages 10+ Continuous Movement from end to end.
Open Lanes are available for walking and general pool activities. Walkers may be asked to share lap lanes.
Please be aware of others in your lane and follow either a "split lane" or "circle swim" pattern.
Children under 6 must utilize the appropriate gender locker room. Schedule subject to change with or without notice.



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POOL SCHEDULE

ADULT AQUATICS CLASSES

mon tues wed thurs

ARTHRITIS
AQUATICS
8:30-9:30am

WATER AEROBICS
8:45am-9:45am

ARTHRITIS
AQUATICS
8:30-9:30am

WATER AEROBICS
8:45-9:45am

Adult Beginner Class
 The adult will learn how to be comfortable in the water while learning safety, basic swimming skills and progress towards swimming laps.
 Members \$35/Non-Members \$55.

Adult Tri Swim

The Adult must be able to swim 25-50 yards of freestyle. During the class the participant will work on stroke improvement, workout programs and learning new strokes.
 Members \$35/Non-Members \$55.

Water Work-Out

Enjoy an aerobic workout with less stress on your joints. This class is great for all ages; swimming skills are not required. Work-out includes water resistant weights, noodle work and lots of fun!
 Free to Members/Non-Members \$60.

Arthritis Aquatics

Water based exercise program designed by trained staff to help people with reducing the pain and inflammation of arthritis. Increased mobility and having fun are the results!
 Swimming skills not required.
 Free to Members/Non-Members \$60.

WATER
AEROBICS
7:00-
8:00pm

ARTHRITIS
AQUATICS
3:00-4:00pm

WATER
AEROBICS
7:00-
8:00pm

ARTHRITIS
AQUATICS
3:00-4:00pm

ADULT BEGINNER
7:15pm-8:00pm

TRI SWIM
TRAINING
7:15-
8:15pm