

FITNESS POOLS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am		Water Workout 7:15-8am (Amy)		Water Workout 7:15-8am (Amy)	
8:30am	Water Workout 8:30-9:20am (Amelia)	Deep Water Exercise 8:30-9:20am (Amy)	Water Workout 8:30-9:20am (Amelia)	Deep Water Exercise 8:30-9:20am (Amy)	Water Workout 8:30-9:20am (Michelle)
11am	Just My Speed 11:15-12 (Amelia)		Just My Speed 11:15-12 (Amelia)		Just My Speed 11:15-12 (Kathryn)
12pm	Stretch & Tone 12-12:55 (Kathryn)	Stretch & Tone 12-12:55 (Amanda/Deb)	Stretch & Tone 12-12:55 (Laurie)	Stretch & Tone 12-12:55 (Kathryn)	
1pm		Pilates/Yoga Fusion 1-1:50 (Doris)		Pilates/Yoga Fusion 1-1:50 (Doris)	
5:30pm	Aqua Blast 5:30-6:20pm (David)		Aqua Blast 5:30-6:20pm (Chris)		
7:30pm		Easy Does It 7:30-8:20pm (Kathryn)		Easy Does It 7:30-8:20pm (Chloe)	

- Lap Pool
- Warm Pool

BORGESS SPINE POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Morning Energizer 8-8:50 (Kristi)		Morning Energizer 8-8:50 (Kristi)		
9am	Ai Chi 9-9:30am (Kathie)		Ai Chi 9-9:30am (Kathie)		Ai Chi 9-9:30am (Kathie)
10am					Aqua Yoga 10-10:50am (Kathie)
11am					Pilates/Yoga Fusion 11-11:50am (Kathie)
Evening	Aqua Zumba 7:15-8pm (Michelle)			Aqua Zumba 7:15-8pm (Michelle)	

Warm Water Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
5:30-7:30	Open															
7:30-9:00						Open 7-9:15										
9:-10:00						Deep End Open					Swim Lesson Deep End Open 9:15 - 12:30	OPEN				
10-11:00	CLOSED															
11-12:00	Free to Member Class: Deep End Open					Open	Open & Family Swim									
12-1:00								Youth Lessons: Deep End Open	CLOSED	Youth Lessons: Deep End Open	CLOSED					
1-2:00	Open					CLOSED FOR RENTALS 2-3	OPEN									
2-3:00						YOUTH SWIM LESSONS: DEEP END OPEN					OPEN & FAMILY SWIM					
3-4:00											Open					OPEN & FAMILY SWIM
4-5:00																
5-5:30						Open					Youth Swim Classes					
5:30-6	Open										Deep End Open					
6-7:00						Open					Rental-CLOSED					
7-7:30	Open										Open & Family Swim					
7:30-8:30						Free to Member Class Deep End Open	Adult Beginner Swim 7:15-8:00 Deep End Open	Free to Member Class Deep End Open								
8:30-9:15	Open															

- Open Pool Times - for adult members only. Some private lessons may use pool during these times
- Classes held in shallow end - Deep End Open
- Rentals: Pool may be used if no rental is scheduled