

FITNESS POOLS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am		Water Workout 7:15-8am (Shawn)		Water Workout 7:15-8am (Michelle)	
8:30am	Water Workout 8:30-9:20am (Amelia)	Deep Water Exercise 8:30-9:20am (Shawn)	Water Workout 8:30-9:20am (Amelia)	Deep Water Exercise 8:30-9:20am (Shawn)	Water Workout 8:30-9:20am (Kathryn)
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 (Chloe)	Stretch & Tone 12-12:55 (Kathryn)	Stretch & Tone 12-12:55 (Laurie)	Stretch & Tone 12-12:55 (Kathryn)	
1pm					
5:30pm					
7:30pm		Easy Does It 7:30-8:20pm (Chloe)		Easy Does It 7:30-8:20pm (Kathryn)	

- Lap Pool
- Warm Pool

BORGESS SPINE POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Morning Energizer 8-8:50 (Kathryn)		Morning Energizer 8-8:50 (Shawn)		
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 7:10-8pm (Michelle)	Aqua Zumba 5:30-6:20 (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							
11-12:00	Free to Member Class: Deep End Open					Open	Open & Family Swim
12-1:00							
1-2:00	Open					CLOSED FOR RENTALS 2-3	OPEN
2-3:00						Open	
3-4:00	Open						
4-5:00						Open	
5-5:30	YOUTH SWIM LESSONS: DEEP END OPEN						
5:30-6						YOUTH SWIM LESSONS: DEEP END OPEN	
6-7:00	YOUTH SWIM LESSONS: DEEP END OPEN						
7-7:30						YOUTH SWIM LESSONS: DEEP END OPEN	
7:30-8:30	YOUTH SWIM LESSONS: DEEP END OPEN						
8:30-9:15						YOUTH SWIM LESSONS: DEEP END 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