

Warm Water Fitness Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30							
7:30-9:00						Open 7-9:15	
8:50:00							
10-11:00	Back on Track \$ 10-10:50am	Exercise for Every Body \$ 10-10:50am	Back on Track \$ 10-10:50am	Exercise for Every Body \$ 10-10:50am	Youth Lessons-\$	Youth Lesson-\$ 9:15 - 12pm	
11-12:00	Joints In Motion \$ 11-11:55am	Joints In Motion \$ 11-11:55am	Joints In Motion \$ 11-11:55am	Joints In Motion \$ 11-11:55am	Joints In Motion\$ 11-11:55am		
12-1:00	Stretch & Tone 12-12:55	Stretch & Tone 12-12:55	Stretch & Tone 12-12:55	Stretch & Tone 12-12:55			
1-2:00	Youth Lessons-\$		Youth Lessons-\$				
2-3:00							Open & Family Swim 1-3pm
3-4:00							Open
4-5:00							
5-5:30						Youth Lessons-\$	
5:30-6	YOUTH LESSONS-\$						
6-7:00							
7-7:30							
7:30-8:30		Easy Does It 7: 30-8:30pm		Easy Does It 7: 30-8:30pm	Open & Family Swim		
8:30-9:15							

	Pool reserved for class only
	Shallow Water Class-Deep end will remain open
	Open & Family Swim
	Indicates Lap Swim/Water Walking

Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
7:00 AM		Water Exercise 7:15-8am		Water Exercise 7:15-8am			
8:30 AM	Water Exercise 8:30-9:20am	Deep Water Exercise 8:30-9: 20am	Water Exercise 8:30-9:20am	Deep Water Exercise 8:30-9: 20am	Water Exercise 8:30-9:20am		
9:30 AM	Water Ex. For Daily Living \$ 9:30-10:10am (shallow water closed)		Water Ex. For Daily Living \$ 9:30-10:10am (shallow water closed)		Water Ex. For Daily Living \$ 9:30-10:10am (shallow water is closed)	Youth Lessons-\$	
11:00 AM	Just My Speed 11:15-12pm		Just My Speed 11:15-12pm		Just My Speed 11:15-12pm		
12:00 PM							
1:00 PM					Youth Lessons-\$		Open & Family Swim 1-3pm
2:00 PM						Open & Family Swim 2-5:45pm	Open
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	Youth Lessons-\$	Youth Lessons-\$	Youth Lessons-\$	Youth Lessons-\$			
7:00 PM							
7:30 PM							
7:30-8:30pm	Adult-Beginner Swimming 7:30-8:15pm-\$		Adult Swim-Stroke Development \$ 7:30-8:15pm		Open & Family Swim 7-9:15pm		
8:30-9:15pm							

	Shallow area reserved for class only
	Swim Lessons or class - at least 2 lanes will remain open
	Open & Family Swim
	Indicates Lap Swim/Water Walking

Spine Pool- only open for classes or rentals

Time	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY	SUNDAY
8:00 AM	Morning Energizer 8-8:50		Morning Energizer 8-8:50				
9:00 AM	Ai Chi 9-9:30am		Ai Chi 9-9:30am		Ai Chi 9-9:30am		
10:00 AM					Aqua Yoga 10-10: 50am		
11:00 AM					Pilates/Yoga Fusion 11-11: 50am		
Evening	Aqua Zumba 7:10-8pm		Aqua Cardio 5:30-6:15 pm Starts 3/4				

\$- Indicates registration required