



# Aquatics Schedule

Main Pool  
December  
2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:00					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM	Cardio Water w/Rosalie 7:30-8:30	Lap Swim All 5 Lanes 5:00-8:30			Lap Swim All 5 Lanes 5:00-8:30	Cardio Water w/Rosalie 7:30-8:30	
7:15 AM							
7:30 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40			Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00		
7:45 AM							
8:00 AM	O P E N S W I M		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00		
8:15 AM							
8:30 AM		Swim Lessons Monday-Thursday 3:45-5:30pm ends December 7					
8:45 AM							
9:00 AM							
9:15 AM		Christ School 3:45-5:15		Christ School 3:45-5:15		Christ School 3:45-5:15	Christ School 3:30
9:30 AM							
9:45 AM	Christ School 3:45-5:15		Christ School 3:45-5:15		Christ School 4:00-5:30	Closed	
10:00 AM							
10:15 AM	West Henderson High School 6:00-8:00			West Henderson High School 6:00-8:00		Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED	
10:30 AM							
10:45 AM	**2 Lap lanes until 8:00**	Lap Swim All 5 Lanes 7:30-9:00		**2 Lap lanes until 8:00**	Lap Swim All 5 Lanes 7:30-9:00		
11:00 AM							
11:15 AM							
11:30 AM							
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7:00 PM	Closed	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED					
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							

Please Note:

**Cardio Water Class**  
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

**Synapse Surf**  
Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

**Lap Swim**  
Please note: all five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes.