



# Aquatics Schedule

## Main Pool

# 2018 April

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:15					
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							
7:45 AM							
8:00 AM	Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40			Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	<p>Please Note:</p> <p><b>Cardio Water Class</b> Strengthen your core and amp up your cardiovascular fitness with this high energy yet <i>low impact</i> workout!</p> <p><b>Synapse Surf</b> Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.</p> <p><b>Lap Swim</b> Please note: all five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes.</p>	
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM			Cardio Water w/Fern 10:00-11:00				Cardio Water w/Fern 10:00-11:00
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5:00 PM	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Closed		
5:15 PM							
5:30 PM							
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6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM	Closed	Lap Swim All 5 Lanes 7:30-9:00				<b>Pool Hours of Operations</b> 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							