



Aquatics Schedule

Main Pool

JULY 2018

	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	Closed	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						
8:15 AM						
8:30 AM						
8:45 AM	OPEN SWIM	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	
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	
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM	NOTICE	SUMMER PLUS KIDS CAMP 12:30 pm to 3:30 pm Main Pool		SUMMER PLUS KIDS CAMP 12:30 pm to 3:30 pm Main Pool		SDA FLAG CAMP Friday, July 6 & 27 1:30-3:30pm Main Pool
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Closed
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 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	Swim Lessons 4:45-6:15	Closed
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM	Closed	Next Sessions: July 2-12 July 23-August 2 Sign up at our front desk				
5:15 PM						
5:30 PM						
5:45 PM						
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				
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.

Pool Hours of Operations
Sun 9am-5:45 pm
Mon-Thurs 5am-9 pm
Fri 5am-3:45 pm
Sat CLOSED