



Aquatics Schedule

Main Pool

2018 October

| | 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 | Closed | Lap Swim All 5 Lanes 5:00-8:30 | | | | | | | | |
| 6:45 AM | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | |
| 7:15 AM | | | | | | | | | | |
| 7:30 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 |
| 7:45 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 | | | | | |
| 8:15 AM | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | |
| 8:45 AM | | | | | | | | | | |
| 9:00 AM | | | | | | | | | | |
| 9:15 AM | | | | | | | | | | |
| 9:30 AM | Cardio Water w/Fern 10:00-11:00 | Cardio Water w/Fern 10:00-11:00 | | | Cardio Water w/Fern 10:00-11:00 | | | | | |
| 9:45 AM | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | |
| 10:15 AM | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | |
| 10:45 AM | | | | | | | | | | |
| 11:00 AM | O P E N S W I M | | | | | | | | | |
| 11:15 AM | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | |
| 11:45 AM | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | |
| 12:15 PM | | | | | | | | | | |
| 12:30 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* | | | | | |
| 12:45 PM | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | |
| 1:15 PM | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | |
| 1:45 PM | | | | | | | | | | |
| 2:00 PM | Swim Lessons 4:45-6:15 | Swim Lessons 4:45-6:15 | | | Swim Lessons 4:45-6:15 | | | | | |
| 2:15 PM | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | |
| 2:45 PM | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | |
| 3:15 PM | | | | | | | | | | |
| 3:30 PM | Closed | | | | | | | | | |
| 3:45 PM | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | |
| 4:15 PM | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | |
| 4:45 PM | | | | | | | | | | |
| 5:00 PM | Closed | | | | | | | | | |
| 5:15 PM | | | | | | | | | | |
| 5:30 PM | | | | | | | | | | |
| 5:45 PM | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | |
| 6:15 PM | | | | | | | | | | |
| 6:30 PM | Closed | | | | | | | | | |
| 6:45 PM | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | |
| 7:15 PM | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | |
| 7:45 PM | | | | | | | | | | |
| 8:00 PM | Lap Swim All 5 Lanes 7:30-9:00 | | | | | | | | | |
| 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