



Aquatics Schedule

Main Pool

2019 March

	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	OPEN SWIM	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	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		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00		
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
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3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM	4:00-5:00	SWIM LESSONS 3:30-4:15	SWIM LESSONS 3:30-4:15	SWIM LESSONS 3:30-4:15	SWIM LESSONS 3:30-4:15	
4:15 PM						
4:30 PM						
4:45 PM		SWIM LESSONS 4:15-5:00	SWIM LESSONS 4:15-5:00	SWIM LESSONS 4:15-5:00	SWIM LESSONS 4:15-5:00	
5:00 PM						Closed
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM	Closed					Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED
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.

