





# Aquatics Schedule

# Main Pool

# 2019 JUNE

	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						
7:15 AM							
7:30 AM		Cardio Water w/Rosalie 7:30-8:30	Lap Swim All 5 Lanes 5:00-8:30	Cardio Water w/Rosalie 7:30-8:30	Lap Swim All 5 Lanes 5:00-8:30	Cardio Water w/Rosalie 7:30-8:30	
7:45 AM							
8:00 AM							
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			
9:00 AM					Synapse Surf w/Rita 9:00-10:00		
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		Swim Camps begin June 12 Pick Up a Detailed Schedule at the Front Desk					
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM	SDA FLAG CAMP 1:15-2:45	SUMMER PLUS CAMP 12:30-3:30		SUMMER PLUS CAMP 12:30-3:30			
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		Closed	
5:30 PM							
5:45 PM							
6:00 PM	Closed	 Next Sessions: July 1-15 July 22-August 1 Sign up at our front desk					
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM						<b>Pool Hours of Operations</b> Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED	
8:15 PM							
8:30 PM							
8:45 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.