



Aquatics Schedule

Main Pool

2019 Sept

	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 5:00-7:15									
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	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	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						
8:15 AM	O P E N S W I M										
8:30 AM											
8:45 AM						Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	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						O P E N S W I M					
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**NEW 6:30 PM
CARDIO WATER CLASS**
 Starts Thursday, Sept 19

Closed
 Check our NEW CLASS!!! Starts Sept 19

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.

Next Session: *Swim Lessons*
September 16-26
 Sign up at our front desk

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