



AQUATICS SCHEDULE

Main Pool

2023 MARCH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM		Adult Swim Only 5:00am-11:00am Monday - Friday				
6:15 AM						
6:30 AM		Cardio-Water w/Tim 7:40-8:40				Cardio-Water w/Tim 7:40-8:40
6:45 AM						
7:00 AM		Aqua-Zumba w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00		Aqua-Tabata w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00
7:15 AM						
7:30 AM	Adult Swim Only 5:00am-11:00am Monday - Friday					
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM	O P E N S W I M	Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00		Aqua-Zumba w/Velvet 10:00-11:00
9:15 AM						
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7:00 PM						
7:15 PM	Closed	Cardio-Water w/Lori 6:15-7:15		Cardio-Water w/Lori 6:15-7:15		
7:30 PM						
7:45 PM		Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-8:45 pm Fri 5am-3:45 pm Sat CLOSED				
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM	All Lanes Open 7:30-8:45					

Please Note:

Adult Only Swim
5am-11am M-F

May operate on:
NO LIFEGUARD ON DUTY
-Swim at Your Own Risk - *WATCH YOUR CHILDREN*

CLASSES HAVE PRIORITY USE OF POOL
No children during classes

Cardio Water
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
All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. *Thank you for sharing!*