



# AQUATICS SCHEDULE

## Main Pool

2024 SEPT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<b>Adult Only All Lanes Open</b> 5:00-7:30				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM	SUNDAY OPEN SWIM	<b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday				
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	SUNDAY OPEN SWIM	Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30
8:45 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	
9:00 AM			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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5:45 PM						
6:00 PM	Closed	Rugby Middle 6:00-7:15		Rugby Middle 6:00-7:15		
6:15 PM			Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM		All Lanes Open 7:30-8:45				
8:15 PM						
8:30 PM						
8:45 PM						

**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!

**Deep Water Toning & Cardio**  
 Total body conditioning using noodles, boards, buoys & all your muscles!

**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!*

**Pool Deck Cleaning (Pool Open)**  
**1-4pm FRIDAYS**  
 \*pressure washer in use on pool deck\*

**We Welcome Rugby Middle School**  
**Mondays & Wednesdays**  
**6:00-7:15pm**  
**Starting Sept. 23**

**Pool Hours of Operations**  
 Sun 9am-5:45 pm  
 Mon-Thurs 5am-8:45 pm  
 Fri 5am-3:45 pm  
 Sat CLOSED