



# Aquatics Schedule

# MAIN POOL

# 2024 October

	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	S U N D A Y  O P E N  S W I M	<div style="text-align: center; border: 1px dashed gray; padding: 5px;"> <b>Adult Swim Only</b>  <b>5:00am-11:00am</b>  <b>Monday - Friday</b> </div>				
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	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		
9:00 AM	S W I M					
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
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						
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						
5:30 PM						
5:45 PM						
6:00 PM	Closed	<div style="border: 1px dashed gray; padding: 5px;"> <b>Pool Deck Cleaning (Pool Open)</b>  <b>1-4pm FRIDAYS</b>                      *pressure washer in use on pool deck*                 </div>				
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM	Closed	<div style="border: 1px dashed gray; padding: 5px;"> <b>Pool Deck Cleaning (Pool Open)</b>  <b>1-4pm FRIDAYS</b>                      *pressure washer in use on pool deck*                 </div>				
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						
8:45 PM						
8:45 PM						
8:45 PM	Closed	<div style="border: 1px dashed gray; padding: 5px;"> <b>Pool Deck Cleaning (Pool Open)</b>  <b>1-4pm FRIDAYS</b>                      *pressure washer in use on pool deck*                 </div>				
8:45 PM						
8:45 PM						
8:45 PM						
8:45 PM						
8:45 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 Hours of Operations**

Sun 9am-5:45 pm  
Mon-Thurs 5am-8:45 pm  
Fri 5am-3:45 pm  
Sat CLOSED