

Aquatics Schedule MAIN POOL

A Ministry	of FAI						
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5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM			Adult	Only All Lanes	Open		
6:00 AM		Normal Processing	and the same of				July 2025
6:15 AM		Adult	Accessed to	<u>,</u> 5:00-7:30			
6:30 AM		Adult 5.00	Swim Only	11111111111111111111111111111111111111			
6:45 AM	Closed	Monda	m-11:UUam 🛶	initia.			O
7:00 AM		ations,	Swim Only m-11:00am y - Friday	te.			
7:15 AM		Anna Carre	many the state of				•
7:30 AM		Doon Water		Doon Water		Doon Water	
7:45 AM		Deep Water		Deep Water		Deep Water	Please Note:
8:00 AM		Toning & Cardio		Toning & Cardio		Toning & Cardio	
8:15 AM		w/Marge		w/Marge		w/Marge	Adult Only Swim
8:30 AM		7:30-8:30		7:30-8:30		7:30-8:30	5am-11am M-F
8:45 AM		Agua Zumba		Agua Tahata			May operate on:
9:00 AM		Aqua-Zumba	Synapse Surf	Aqua-Tabata	Synapse Surf		
9:15 AM		w/Velvet		w/Velvet	-		*NO LIFEGUARD
9:30 AM		8:40-9:40	w/Rita	8:40-9:40	w/Rita		ON DUTY*
9:45 AM			9:00-10:00		9:00-10:00		
10:00 AM			Cardia W-1		Condin W	A 77 - 1	Swim at Your Own Risk-
10:00 AM			Cardio-Water		Cardio-Water	Aqua-Zumba	<u>*W A T C H YOUR</u>
10:15 AM			w/Fern		w/Fern	w/Velvet	CHILDREN*
10.30 AM			10:00-11:00		10:00-11:00	10:00-11:00	<u> </u>
11:00 AM	N N			See Property .	l		a
11:15 AM				And the state of t	Same of the same o		CLASSES HAVE
11:30 AM			- William	Adult Swim Onl	-1.5 5 5 5		PRIORITY USE
11:45 AM				5:00am-11:00an Monday - Friday	The same of the sa		OF POOL
12:00 PM				•			No children during classes
12:15 PM	V	and the same of		[7\			
12:30 PM							Cardio Water
12:45 PM		All Marie	SUMMER				Strengthen your core and amp
1:00 PM				<u> </u>			up your cardiovascular fitness
1:15 PM			PLUS			Pool Deck	with this high energy yet <i>low</i>
1:30 PM			CAMP			Cleaning	impact workout!
1:45 PM	_		CAIVIP			(Pool Open)	Impact workout:
2:00 PM	_	FLAG	12:15-3:30			-	Deen Mateu Tening & Condia
2:15 PM		CAMP				1:00 _{pm} -	Deep Water Toning & Cardio
2:30 PM		CAIVIII				3:45 _{pm}	Total body conditioning using
2:45 PM		1:15-3:15				FRIDAYS	noodles, boards, buoys & all
3:00 PM						 	your muscles!
3:15 PM						*pressure	
3:15 PM						washer in use	Synapse Surf
3:30 PM	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			i			Join the fun balancing on
4:00 PM							noodles, playing with balls and
4:00 PM 4:15 PM							exercising your brain synapses
4:15 PM 4:30 PM							as you have a great total body
4:30 PM	V						workout.
		 					workout.
5:00 PM						Closed	
5:15 PM						Ciosed	<u>Lap Swim</u>
5:30 PM							All five lanes are set aside for
5:45 PM		 				-	lap swim. Please see the Lap
6:00 PM							Swim Etiquette handout for
6:15 PM			C. l' W	-	C. II W		how to share lanes. Thank you
6:30 PM			Cardio-Water		Cardio-Water		for sharing!
6:45 PM			w/Dee		w/Dee		,
7:00 PM			6:30-7:30		6:30-7:30	Dool Hou	us of Operations
	Closed		0.30-7.30		0.30-7.30	Pool Hou	rs of Operations
7:30 PM						Sun	9am-5:45 pm
7:45 PM			All Lan	as Onan			urs 5am-8:45 pm
8:00 PM				es Open			
8:15 PM			7:30)-8:45			5am-3:45 pm
8:30 PM						S	at CLOSED
8.42 PM							