

[illegible]

Please Note:
May operate on:
***NO LIFEGUARD
ON DUTY***
Swim at your own risk
***WATCH YOUR
CHILDREN***

**Adult Only Swim
5am-11am M-F**

**CLASSES HAVE PRIORITY
USE OF POOL**
No children during classes

Aqua-Fit
Works on core
strengthening, balance and
endurance. Great for all
ages!

Aqua-Tabata-Strength
Interval class with 20
seconds of intense exercise
and 10 seconds of rest done
in shallow water.

Cardio Water Class
Strengthen your core and
amp up your cardiovascular
fitness with this high energy
yet *low impact* workout!

Synapse Surf
Fun balancing on noodles,
playing with balls and
exercising your brain synapses
as you have a great total body
workout.

Lap Swim
Please see the Lap Swim
Etiquette handout for how to
share lanes.
Thank you for sharing!

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