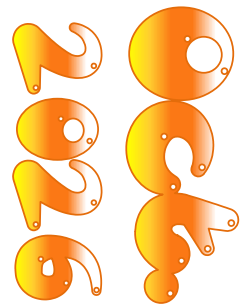


Aquatics Schedule

MAIN POOL



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:00				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	Closed					
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM	SUNDAY OPEN SWIM		Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata- Strength w/Lisa 8:30-9:30	Synapse Surf w/Rita 9:00-10:00	Aqua-Zumba w/Jenn 8:30-9:30
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM		Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	
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						Pool Deck Cleaning (Pool Open) 1:00pm- 3:45pm FRIDAYS *loud washers in use*
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						Closed
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM					Closed	
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM					Closed	
5:45 PM						
6:00 PM	Closed	RUGBY SWIM CLUB 6:00-7:15		RUGBY SWIM CLUB 6:00-7:15		
6:15 PM			Aqua~Fit w/Dee 6:30-7:30			Aqua~Fit w/Dee 6:30-7:30
6:30 PM						
6:45 PM						
7:00 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45				
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM					Pool Hours Sun 9 Mon-Thu Fri 5a Sa	
8:45 PM						

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

Continuous paced swimming
using designated swim
strokes.
Please see the Lap Swim
Etiquette handout for how to
share lanes.

Thank you for sharing!