

# schedules

## Exercise Pool Schedule

### MONDAY

5:15-8:15 am	Lap Swim / Water Walking
8:15-9:15 am	Lap Swim / Aqua Fit I
9:30-10:30 am	Aqua Fit II / Lap Swim
10:30 am-12:00 am	Family Open / Lap Swim
12:00-1:00 pm	Lap Swim / Deep Water Aerobics
1:00-4:00 pm	Family Open / Lap Swim
4:00-7:30 pm	Youth Lessons / Family Open / Family Lap Swim
7:00-8:00 pm	Aqua Fit II / Lap Swim
8:30-10:00 pm	Family Open / Lap Swim

### TUESDAY

5:15-8:15 am	Lap Swim / Water Walking
8:15-9:00 am	Lap Swim / Family Open
9:30-10:30 am	Aqua Fit II / Lap Swim
10:30 am-12:00 am	Family Open / Lap Swim
12:00-1:00 pm	Lap Swim / Water Walking
1:00-4:00 pm	Family Open / Lap Swim
4:15-7:30 pm	Youth Lessons / Family Lap Swim
7:30-9:30 pm	Lap Swim / Masters
9:30-10:00 pm	Family Open / Lap Swim

### WEDNESDAY

5:15-8:15 am	Lap Swim / Water Walking
8:15-9:15 am	Lap Swim / Aqua Fit I
9:30-10:30 am	Aqua Fit II / Lap Swim
10:30 am-12:00 am	Family Open / Lap Swim
12:00-1:00 pm	Lap Swim / Deep Water Aerobics
1:00-4:00 pm	Family Open / Lap Swim
4:15-7:30 pm	Youth Lessons / Family Lap Swim
7:00-8:00 pm	Aqua Fit II / Masters
8:30-10:00 pm	Family Open / Lap Swim

### THURSDAY

5:15-8:15 am	Lap Swim / Water Walking
8:15-9:15 am	Lap Swim / Power Plunge
9:30-10:30 am	Aqua Fit II / Lap Swim
10:30 am-12:00 am	Family Open / Lap Swim
12:00-1:00 pm	Lap Swim / Water Walking
1:00-4:00 pm	Family Open / Lap Swim
4:15-7:00 pm	Youth Lessons / Family Lap Swim
7:00-7:45 pm	Lap Swim / Aqua Boot Camp
7:30-9:30 pm	Lap Swim / Masters
9:30-10:00 pm	Family Open / Lap Swim

### FRIDAY

5:15-8:15 am	Lap Swim / Water Walking
8:15-9:15 am	Lap Swim / Aqua Fit I
9:30-10:30 am	Aqua Fit II / Lap Swim
10:30-11:15 am	Aqua Lessons / Lap Swim
11:15 am-12:00 pm	Lap Swim / Family Open
12:00-1:00 pm	Lap Swim / Water Walking
1:00-3:30 pm	Family Open / Lap Swim
3:30-6:00 pm	Family Open / Family Lap Swim
6:00-8:00 pm	Family Inflatable
8:00-10:00 pm	Family Open / Lap Swim

### SATURDAY

7:00-8:00 am	Lap Swim / Water Walking
8:00-9:00 am	Lap Swim / Aqua Fit III
9:00 am-12:00 pm	Youth Lessons / Lap Swim
12:30-2:45 pm	Family Lap Swim / Inflatable
3:00-7:00 pm	Lap Swim / Family Open

### SUNDAY

8:00 am-12:00 pm	Lap Swim / Water Walking
12:30-2:45 pm	Family Lap Swim / Inflatable
2:00-3:00 pm	Family Open / Lap Swim
3:00-4:00 pm	Competitive Swim
3:00-6:00 pm	Family Open / Family Lap Swim
4:00-5:00 pm	Catch the Wave
6:00-8:00 pm	Family Lap Swim / Masters



Parents must be in the pool with children 5 years of age and under.

## Aquatic Fitness Schedule

### MONDAY

8:15-9:15am	Aqua Fit 1 (EP)
9:30-10:30am	Aqua Fit 1 (EP)
11:10-12:10pm	Arthritis Class (FP)
7:00-8:00pm	Aqua Fit 2 (EP)

### TUESDAY

9:30-10:30am	Aqua Fit 2 (EP)
11:10-12:10pm	Stretch & Tone Class (FP)
1:15-2:15pm	SilverSplash

### WEDNESDAY

8:15-9:15am	Aqua Fit 1 (EP)
9:30-10:30am	Aqua Fit 2 (EP)
11:10-12:10pm	Arthritis Class (FP)
7:00-8:00pm	Aqua Fit 3 (EP)

### THURSDAY

9:30-10:30am	Aqua Fit 2 (EP)
11:10-12:10pm	Stretch & Tone Class (FP)
1:15-2:15pm	Silver Splash
7:00-7:45pm	Aqua Boot Camp

### FRIDAY

8:15-9:15am	Aqua Fit 1 (EP)
9:30-10:30am	Aqua Fit 2 (EP)
11:10-12:10pm	Arthritis Class (FP)

### SATURDAY

8:00-8:45am	Aqua Fit 3 (EP)
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### LOCATION KEY

Exercise Pool (EP)  
Silver Splash  
Family Pool (FP)