

POOL SCHEDULE Summer 2016

June 20, 2016- August 21, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00am Adult Lap	6:00-9:00 a.m. Adult Lap	5:30-7:00 a.m. Adult Lap	6:00-9:00 a.m. Adult Lap	5:30-7:00 a.m. Adult Lap	7:05-8:45 a.m. Adult Lap	9:00-10:00 Adult Lap
7:00-7:45 H.A.R.T		7:00-7:45am H.A.R.T.		7:00-7:45am H.A.R.T.	8:45-9:45 Sr. Lap/ Rehab	
7:45-8:45 Adult Lap	9:00-9:45 a.m. Aquacize	7:45-8:45 Adult Lap	9:00-9:45 a.m. Aquacize	7:45-8:45 Adult Lap	9:45-10:30 Youth Lap Swim	10:00-11:00 Open (Free) Water Running
8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs Youth Swim	8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs Youth Swim	8:45-9:30 Sr. Lap/Rehab	10:30-11:00 Closed Lunch Break	
9:30-10:15 Water Fitness	10:15-11:00a.m. Water Therapy I	9:30-10:15 Water Fitness	10:15-11:00a.m. Water Therapy I	9:30-10:15 Water Fitness	11:00-12:00 Adult Lap	11:15-12:15 Adult lap
10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II		
11:00-11:30 Pilates	11:00-11:30 Preschool	11:00-11:30 Pilates	11:00-11:30 Preschool	11:00-11:30 Pc Water Babies/ Dippers & Divers	1:00-2:00 Family Swim	1:00-2:00 Family Swim
11:30-12:15 Tabata	11:30-12:45 p.m. Adult Lap	11:30-12:15 Tabata	11:30-12:45 p.m. Adult Lap	11:30-12:15 Tabata		
12:15-1:15 Adult Lap	12:45-1:30 Sr. Lap /Rehab	12:15-1:15 Adult Lap	12:45-1:30 Sr. Lap /Rehab	12:15-1:15 Adult Lap		KIDS CLASSES START
1:15-2:00 Water Therapy II	1:30-2:00 Camps	1:15-2:00 Water Therapy II	1:30-2:00 Camps	1:15-2:00 Water Therapy II		WEEK OF JUNE 27
2:00-2:30 Camps 2:30-3:00 Preschool Camp	2:15-3:00 Camps	2:00-2:30 Camps 2:30-3:00 Preschool Camp	2:15-3:00 Camps	2:00-2:30 Camps 2:30-3:00 Preschool Camp		
3:00-3:45 Camps	3:00-3:45 Water Therapy I	3:00-3:45 Camps	3:00-3:45 Water Therapy I	3:00-3:45 Camps		
3:45-4:45 Skippers Polliwog/Guppy 1	3:45-4:30 Guppy II/Minnow 4:30-5:15 Fish/FF & Shark	3:45-4:45 Skippers Polliwog/Guppy 1	3:45-4:30 Guppy II/Minnow 4:30-5:15 Fish/FF & Shark	3:45-4:45 Family Swim		Updated 6/6/2016
4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap		
5:45-6:30 Water Therapy II	6:15-7:00 Aqua Pilates	5:45-6:30 Water Therapy II	6:15-7:00 Aqua Pilates	5:45-6:15 P/C Water Babies Dippers & Divers		
6:30-7:15 Aquacize		6:30-7:15 Aquacize		6:15-7:15 Skippers Polliwog/Gup I		
7:15-8:00 Family Swim	7:00-7:45 Water Fitness	7:15-8:00 Family Swim	7:00-7:45 Water Fitness	7:15-8:00 Family Swim		
8:00-8:45 Adult Lap	7:45-8:45 Adult Lap	8:00-8:45 Adult Lap	7:45-8:45 Adult Lap	8:00-8:45 Adult Lap		

The Hot Tub is OPEN whenever the Pool is OPEN- See closure times posted at pool