

POOL SCHEDULE Summer 2018

June 18, 2018- Sept. 2, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 a.m. 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	8:05-9:30 a.m. 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.	8:45-9:30 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	9:30-10:30 Open Fitness/ Beginner Lap	9:30-10:30 Open Fitness/ Beginner Lap
8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs	8:45-9:30 Sr. Lap/Rehab	9:45-10:15 a.m. Special Needs	8:45-9:30 Sr. Lap/Rehab	10:30-11:00 Pool Closed	10:30-11:00 Pool Closed
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	11:00-12:00 Adult Lap
10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II	12:00-1:00 Sr. Lap/ Rehab	12:00-1:00 Sr. Lap/Rehab
11:00-11:30 Aqua Pilates	11:00-11:30 Y Preschool	11:00-11:30 Aqua Pilates	11:00-11:30 Parent/Child Swim lesson	11:00-11:30 Y Preschool	1:00-1:45 Family Swim	1:00-1:45 Family Swim
11:30-12:15 Aqua Tabata	11:30-12:45 p.m. Adult Lap	11:30-12:15 Aqua Tabata	11:30-12:45 p.m. Adult Lap	11:30-12:15 Aqua Tabata		
12:15-1:30 Adult Lap	12:45-1:30 Sr. Lap /Rehab	12:15-1:30 Adult Lap	12:45-1:30 Sr. Lap /Rehab	12:15-1:30 Adult Lap		
1:30-2:15 Y Camps	1:30-2:15 Y Camps	1:30-2:15 Y Camps	1:30-2:15 Y Camps	1:30-2:15 Y Camps		
2:15-3:00 Y Camps	2:15-3:00 Y Camps	2:15-3:00 Y Camps	2:15-3:00 Y Camps	2:15-3:00 Y Camps		
3:00-3:45 Water Therapy II	3:00-3:45 Water Therapy I	3:00-3:45 Water Therapy II	3:00-3:45 Water Therapy I	3:00-3:45 Water Therapy II		
3:45-4:45 Polliwog/Guppy1 Skippers	3:45-4:30 Family Swim 4:30-5:15 Guppy II/ Minnow	3:45-4:45 Skippers Polliwog/Guppy 1	3:45-4:30 Family Swim 4:30-5:15 Fish/Flying Fish/ Shark	3:45-4:45 Skippers Polliwog/Guppy1		
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 Aquacize	6:15-7:00 Aqua Pilates	5:45-6:30 Aquacize	6:15-7:00 Aqua Pilates	5:45-6:15 Parent/Child Swim Lesson		
6:30-7:15 Family Swim		6:30-7:15 Family Swim		6:15-7:15 Skippers Polliwog/Guppy		
	7:00-7:45 Open Fitness/ Beginner Lap		7:00-7:45 Open Fitness/ Beginner Lap	7:15-8:00 Family Swim		
7:15-8:45 Adult Lap	7:45-8:45 Adult Lap	7:15-8:45 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