

POOL SCHEDULE (Session 1)

September 3 – October 28, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap		
7:00-7:45am H.A.R.T.		7:00-7:45am H.A.R.T.		7:00-7:45am H.A.R.T.		
7:45-8:45 Adult Lap	9:00-9:45 am Aquacize (Level II)	7:45-8:45 Adult Lap	9:00-9:45 am Aquacize (Level II)	7:45-8:45 Adult Lap	7:05-8:45 am Adult Lap	8:05-10:00 Adult 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	8:45-9:30 Sr. Lap/Rehab	
9:30-10:15 Water Fitness Deep (Level I) Shallow (Level II)	10:15-11:00 a.m. Water Therapy I	9:30-10:15 Water Fitness Deep (Level I) Shallow (Level II)	10:15-11:00 a.m. Water Therapy I	9:30-10:15 Water Fitness Deep (Level I) Shallow (Level II)	9:30-10:15 Youth 5/6	
10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II	10:15-11:00 Youth 3/4	10:00-10:45 Open Fitness/ Beginner Lap
11:00-11:30 Aqua Pilates	11:00-11:30 a.m. Y Preschool	11:00-11:30 Aqua Pilates	11:00-11:30 Water Discovery/ Exploration	11:00-11:30 Y Preschool	11:00-11:30 Youth 1/2	10:45-11:30 Water Running (on your own)
11:30-12:15 Tabata (level III)	11:30-12:15 p.m. Senior Lap/Rehab	11:30-12:15 Tabata (Level III)	11:30-12:15 p.m. Senior Lap/Rehab	11:30-12:15 Tabata (Level III)	11:30-12:00 Preschool 1/2/3	11:30-12:15 Senior Lap/Rehab
12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:00-12:30 Water Discovery/ Exploration	
1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	12:30-1:30 Adult Lap	12:15-1:30 Adult Lap
2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap	2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap	2:15-3:00 Rental	1:30-2:15 Private Lessons /Rentals	1:30-2:15 Private Lessons /Rentals
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	2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap
3:45-4:15 Youth 1/2	3:45-4:30 Family Swim	3:45-4:15 Preschool 1/2/3	3:45-4:30 Family Swim	3:45-4:15 Preschool 1/2/3	3:00-3:45 Family Swim 6 months-5 yrs old w/ parents	3:00-3:45 Family Swim 6 months-5 yrs old w/ parents
4:15-4:45 Preschool 1/2/3	4:30-5:15 Youth 3/4	4:15-4:45 Youth 1/2	4:30-5:15 Youth 5/6 Teen/Adult Lesson	4:15-4:45 Youth 1/2		
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	3:45-4:30 Family Swim	3:45-4:30 Family Swim
5:45-6:30 Aquacize (Level II)	6:15-7:00 Aqua Pilates	5:45-6:30 Aquacize (Level II)	6:15-7:00 Aqua Pilates	5:45-6:15 Water Discovery/ Exploration	4:30-5:15 Pool Closed	
6:30-7:15 Family Swim		6:30-7:15 Family Swim		6:15-6:45 Preschool 1/2/3 6:45-7:15 Youth 1/2		
	7:00-7:45 Open Fitness/ Beginner Lap		7:00-7:45 Open Fitness/ Beginner Lap	7:15-8:00 Family Swim	6:30-8:00 Family Swim (Sept. 8 th -May 18 th)	Updated 7/24/18
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		

