



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Adult and Lap Swimming 5am - 9am</b>					Open and Lap Swimming 7:30-9am	Pool opens at noon
Senior Water Class 9-10am	Senior Water Class 9-10am	Open and Lap Swimming 9am - 2pm	Senior Water Class 9-10 am	Open and Lap Swimming 9am - 2pm	Swim Lessons 9-11am ***	
Open and Lap Swimming 10-2pm	Senior Water Class 10:30am - 11:30am		Senior Water Class 10:30-11:30pm		Guest Family Swim / Open and Lap Swimming 11-12:45pm	Pool Parties 1-5:45pm
Senior Water Class 2-3pm	Open and Lap Swim 11:30am 2pm	Senior Water Class 2-3pm	Open and Lap Swim 11:30am - 2pm	Senior Water Class 2-3pm	Pool Parties 1-5:45pm	
	Open and Lap Swimming 2-5		Open and Lap Swimming 2-5			Open and Lap Swimming 2-5
Open and Lap Swimming 3-5pm	Open and Lap Swimming 2-5	Open and Lap Swimming 3-5pm	Open and Lap Swimming 2-5	Open and Lap Swimming 3-5pm	Pool Parties 1-5:45pm	Pool Parties 1-5:45pm
Cardio Fit 5-6pm	Swim Lessons 5-6:30pm ***	Cardio Fit 5-6pm	Swim Lessons 5-6:30pm ***	Cardio Fit Aerobics 5-6 pm		
Swim Lessons 5:30-7pm (pool closed)	Aqua Zumba 6:45-7:30pm	Swim Lessons 5:30pm - 7pm (pool closed)	Aqua Zumba 6:45-7:30pm	Open Swim 6-8:30pm	Open Swim 6-8:30pm	Open Swim 5:45-6:30pm
Guest and Family Swim 7-8:30	Open and Lap Swimming 7:30-8:30pm	Open and Lap Swimming 7-8:30pm	Open and Lap Swimming 7:30-8:30pm			
						Pool closes at 6:30pm

\*\*\*Pool space is restricted to 2 lap lanes at this time, therefore only lap swimming is permitted

Shaded areas represent pool closed for programming