



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Winter 2018 / 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--------------------------------------|--|-----------------------------------|---------------------------------|---|------------------------------|
| Adult and Lap Swimming 5am - 9am | | | | | 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 9-10:30am *** | |
| 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 10:30-12:45pm | Open and Lap Swimming 12-1pm |
| 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 3-5pm | | | |
| 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 6-7pm (pool closed) | Aqua Zumba 6:45-7:30pm | Swim Lessons 5:30pm - 6:30pm (pool closed) | Aqua Zumba 6:45-7:30pm | Open Swim 6-8:30pm | | Open Swim 6-8:30pm |
| Guest and Family Swim 7-8:30 Inflatable | Open and Lap Swimming 7:30-8:30pm | Open and Lap Swimming 6:30-8:30pm | Open and Lap Swimming 7:30-8:30pm | | Open Swim 6-8:30pm | |
| | | | | | | 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