



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 3-5:30pm	Open and Lap Swimming 2-5	Open and Lap Swimming 3-5pm	Open and Lap Swimming 3-5pm			
Cardio Fit 5-6pm Glide Fit 6:30-7:15pm	Swim Lessons 5-6:30pm ***	Cardio Fit 5-6pm Glide Fit 6:30-7:15pm	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	Open Swim 5:45-6:30pm
Guest and Family Swim 7:15-8:30	Open and Lap Swimming 7:30-8:30pm	Open and Lap Swimming 7:15-8:30pm	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