

# AQUATICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Main Pool Schedule

## Winter/Spring

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am		Lap Swim 5-8	Lap Swim 5-8	Lap Swim 5-8	Lap Swim 5-8	Lap Swim 5-8		5:00am
8:00am		Water Fitness Med. 8-9	Water Fitness Med. 8-9	Water Fitness Med. 8-9	Water Fitness Med. 8-9	Water Fitness Med. 8-9	Lap Swim 8-9	8:00am
9:00am		Water Fitness Low, 9-10	Resistance Training Low 9-10	Water Fitness Low, 9-10	Resistance Training Low 9-10	Water Fitness Low, 9-10	Water Fitness High 9-10	9:00am
10:00am		Water Fitness Med. 10-11	Resistance Training Med. 10-11	Water Fitness Med. 10-11	Resistance Training Med. 10-11	Water Fitness Med. 10-11	Lap Swim	10:00am
11:00am	Lap Swim	Limited Mobility 11-12	Limited Mobility 11-12	Limited Mobility 11-12	Limited Mobility 11-12	Limited Mobility 11-12	10:00am -	11:00am
12:00pm	11:00am - 1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	1:00pm	12:00pm
1:00pm	Open	12-1:30	12-1:30	12-1:30	12-1:30	12-1:30	Open	1:00pm
1:30pm	Swim	Water Fitness High 1:30-2:30	Water Fitness High 1:30-2:30	Water Fitness High 1:30-2:30	Water Fitness High 1:30-2:30	Water Fitness High 1:30-2:30	Swim	1:30pm
2:30pm	1:00pm -	Lap Swim 2:30-3:30	Lap Swim 2:30-3:30	Lap Swim 2:30-3:30	Lap Swim 2:30-3:30	Lap Swim 2:30-3:30	1:00pm -	2:30pm
3:30pm	4:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	5:30pm	3:30pm
4:30pm	Lap Swim 4:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30		4:30pm
5:30pm		Adult Open 5:30-6:00	Adult Open 5:30-6:00	Adult Open 5:30-6:00	Adult Open 5:30-6:00	Adult Open		5:30pm
6:00pm		Water Fitness High 6-7	Water Fitness Med. 6-7	Water Fitness High 6-7	Aqua Zumba 6-7	5:30-7:00		6:00pm
7:00pm		Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30		7:00pm
8:30pm								8:30pm

- There is always at least one lane available for lap swim in the main pool, sometimes two or three, depending on use.
- Class Descriptions are on previous page.
- Water in unbreakable container is only beverage allowed on pool decks.