

# AQUATICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Main Pool Schedule FALL 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking			5:00am	
6:00am									6:00am
7:00am	5-8	5-9	5-8	5-9	5-8				7:00am
8:00am	Water Fitness Wave Makers 8-9		Water Fitness Wave Makers 8-9		Water Fitness Wave Makers 8-9	Lap Swim/ Walking		8:00am	
9:00am	Water Fitness HIIT 9-10	Water Resistance 9-10	Water Fitness HIIT 9-10	Water Resistance 9-10	Water Fitness HIIT 9-10				9:00am
10:00am	Water Fitness Wave Makers 10-11	Water Resistance 10-11	Water Fitness Wave Makers 10-11	Water Resistance 10-11	Water Fitness Wave Makers 10-11			<b>MEMBERS ONLY SUNDAYS</b>	10:00am
11:00am	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	Joyful Joints 11-12	Stretching & Strengthen 11-12	8:00am- 1:00pm	Lap Swim/ Walking 11:00am- 1:00pm	11:00am	
12:00pm	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Lap Swim/ Walking	Open Swim	Open Swim	12:00pm	
1:00pm	Water Fitness		Water Fitness		Water Fitness				1:00pm
1:30pm	1-2		1-2		1-2				
2:00pm	Lap Swim/ Walking		Lap Swim/ Walking		Lap Swim/ Walking	1-3:30	1-2:30	2:00pm	
2:30pm	2:00-4:00pm	12-4:00pm	2:00-4:00pm	12-4:00pm	2:00-4:00pm	Lap (3)	Lap (3)	2:30pm	
3:30pm						<b>GROUPS ARE NOT ALLOWED DURING OPEN SWIMS.</b>		3:30pm	
4:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:30pm	Lap Swim/ Walking				4:00pm
5:30pm	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00					5:30pm
6:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00pm	Open Swim 6:00-7:30			6:00pm	
7:00pm	Open Swim	Lap Swim 7-7:30	Open Swim	Lap Swim 7-7:30	Open Swim				7:00pm
7:30pm									7:30pm

- 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. NO GLASS