

# AQUATICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Pool Schedule Winter/Spring 2023

	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
10:00a m	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	10:00am			
11:00a m	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	
12:00p m	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	
2:00pm	Lap Swim/ Walking		Lap Swim/ Walking		Lap Swim/ Walking	1-3:30	1-3:30	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 5:30-7:30	Lap Swim 5:30-6:00	Lap Swim 5:30-6:00				5:30pm	
6:00pm	Open Swim 6:00-7:30		Open Swim 6:00-7:30	Aqua Zumba 6:00-7:00	Open Swim 6:00-7:30			6:00pm	
7:00pm	Open Swim		Open Swim	Lap Swim 7:00-7:30	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