

Pool Schedule

4/10/17-6/4/17



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
4:45								4:45	
5:00	\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap, subject to change if class exceeds 8 participants)	Lap Swim 5:00-6:10 (3 Lap, 1 Open) \$\$ Paddleboard Yoga 6:15-7 1 Lap Lane 6:15-7	\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap, subject to change if class exceeds 8 participants)	Lap Swim 5:00-6:00 (3 Lap, 1 Open) \$\$ Paddleboard Bootcamp 6:15-7 1 Lap Lane 6:15-7	\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap, subject to change if class exceeds 8 participants)	Lap Swim 6:15-7:55 (3 lap, 1 open)		5:00	
5:15								5:15	
5:30		5:30							
5:45									5:45
6:00									6:00
6:15									6:15
6:30									6:30
6:45									6:45
7:00		Lap Swim 7-8:40 (3 Lap, 1 Open)	\$ Deep Water Aerobics 9:30-10:15	Deep Water Aerobics 9:30-10:15	Deep Water Aerobics 9:30-10:15	Swim Lessons 8:50-12:00	1 Lap Lane 8:15-11:00	7:00	
7:15	7:15								
7:30								7:30	
7:45								7:45	
8:00								8:00	
8:15								8:15	
8:30								8:30	
8:45								8:45	
9:00	H2O Sculpt 8:45-9:30	Deep End Open	Aqua Zumba 8:45-9:30	Deep End Open	Aqua KickBoxing 8:45-9:30	Deep End Open	Adaptive Aquatics Swim (open swim for Children/ Adults with rehabilitation needs) 9:30-11	9:00	
9:15								9:15	
9:30	Deep Water Aerobics 9:30-10:15	Shallow End Open	Deep Water Aerobics 9:30-10:15	Shallow End Open	Deep End Open 8:45-11	Deep Water Aerobics 9:30-10:15		9:30	
9:45						Swim Lesson West Leyden School 9:45-10:45		9:45	
10:00								10:00	
10:15								10:15	
10:30	\$\$ Paddleboard Bootcamp 10:15-11	1 Lap Lane 10:15-11:00	Swim Lessons 10:20-11	1 Lap Lane 10:20-11	Y Aqua Arthritis Program 10:15-11			10:30	
10:45			Imagination Station Pre-K Swim Lessons 11:00-11:30					10:45	
11:00		Open Swim 10:15-1						11:00	
11:15								11:15	
11:30	Open Swim 11-1							11:30	
11:45								11:45	
12:00								12:00	
12:15								12:15	
12:30								12:30	
12:45								12:45	
1:00								1:00	
1:15								1:15	
1:30	Kinder Swim 1-2	(AOA) Shallow Water Aerobics 1:00-1:45	Deep End Open	Kinder Swim 1-2	(AOA) Shallow Water Aerobics 1:00-1:45	Deep End Open	Kinder Swim 1-2	1:30	
1:45								1:45	
2:00								2:00	
2:15								2:15	
2:30	Open Swim 2-3:30	Fit & Fun 2-2:30	1 Lap Lane	Open Swim 2-3:45	Fit & Fun 2-2:30	1 Lap Lane	Open Swim 2-3:30	2:30	
2:45								2:45	
3:00								3:00	
3:15								3:15	
3:30								3:30	
3:45								3:45	
4:00	ASC 3:30-4:30/ Ray Graham 4:15-5:15							4:00	
4:15								4:15	
4:30								4:30	
4:45								4:45	
5:00								5:00	
5:15								5:15	
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9:00								9:00	
9:15								9:15	
9:30								9:30	
9:45								9:45	

Lap Swim consists of 3 Lap Lanes and 1 Open Lane unless otherwise indicated. Open Swim consists of 2 Lap Lanes and 2 Open Lanes unless otherwise indicated.

Children under the age of 11 who do not pass the deep water test must be accompanied in the water by a parent or person 18+ years old.

Please Note that Times & Availability are subject to change without notice.