

# 2019 Pool Schedule

## January 7-February 17



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																				
4:45								4:45																			
5:00								5:00																			
5:15	<b>\$\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5:00-8:40 (6:35-6:45 Safety Break) (3 Lap, subject to change if class exceeds 8 participants)</b>	Lap Swim 5:00-5:45 (3 Lap, 1 Open)	<b>\$\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5-8:40 (6:35-6:45 Safety Break) (3 Lap, subject to change if class exceeds 8 participants)</b>	<b>Lap Swim 5:00-8:40 (6:35-6:45 Safety Break) (3 Lap, 1 Open)</b>	<b>\$\$ Deep Water Cadence Running 5:05-5:50 (Meets in Open Lane) Lap Swim 5-8:40 (6:35-6:45 Safety Break) (3 Lap, subject to change if class exceeds 8 participants)</b>	<b>Lap Swim 6:15-7:55 (8:00-8:10 Safety Break) (3 lap, 1 open)</b>		5:15																			
5:30		Lap Swim 5:45-6:35 (3 Lap) (Safety Break 6:35-6:45)						5:30																			
5:45		<b>Lap Swim 6:45-8:40 (3 Lap, 1 Open)</b>							5:45																		
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8:15						Shallow Water Aerobics 8-8:45	Deep End Open	8:15																			
8:30								8:30																			
8:45								8:45																			
9:00	Aqua Kickboxing 8:45-9:30	Deep End Open	Shallow Water Aerobics 8:45-9:30	Deep End Open	Aqua Zumba 8:45-9:30	Deep End Open	H2O Sculpt 8:45-9:30	Deep End Open	Shallow Water Aerobics 8:45-9:30	Deep End Open	<b>Swim Lessons 9:00-12:00</b>	Adaptive Aquatics Swim (open swim for Children/ Adults with rehabilitation needs) 9:30-11	1 Lap Lane 9:30-11:00 (safety break 9:35-9:45)	9:00													
9:15																	9:15										
9:30	Deep Water Aerobics 9:30-10:15	Shallow End Open	Swim Lessons 9:30-10:15	2 Lap Lanes 9:30-10:15	Deep Water Aerobics 9:30-10:15	Shallow End Open			1 Lap Lane 9:30-11:00	Swim Lesson West Leyden School 9:45-10:45							9:30										
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10:15	<b>Open Swim 10:15-1</b>	Y Aqua Arthritis Program 10:20-11:05	Deep End Open	Open Swim 10:15-11	2 Lap Lane 10:20-11												10:15										
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1:15	<b>Kindergarten Swim Lessons 1:00-2:00</b>	(AOA) Shallow Water Aerobics 1:00-1:45	Deep End Open	<b>Kindergarten Swim Lessons 1:00-2:00</b>	(AOA) Shallow Water Aerobics 1:00-1:45	Deep End Open	Kindergarten Swim 1:00-2:00	1 Lap Lane 1:00-2:00						1:15													
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2:15	<b>Pool Closed 2:00-3:30</b>	<b>Pool Closed 2:00-3:30</b>	<b>Pool Closed 2:00-3:30</b>	<b>Pool Closed 2:00-3:30</b>	<b>Pool Closed 2:00-3:30</b>	<b>Pool Closed 2:00-3:30</b>	<b>Family Swim 1:30-5:00</b>	<b>Family Swim 12:30-4:00</b>	<b>Family Swim 12:30-4:00</b>	<b>Family Swim 12:30-4:00</b>	<b>Family Swim 12:30-4:00</b>	<b>Family Swim 12:30-4:00</b>	<b>Family Swim 12:30-4:00</b>	2:15													
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5:15	<b>Swim Lessons 4:45-6:30</b>	Swim Lessons 4:45-6:30	Jr. Paddleboard 4:00-4:35	Open Swim 3:30-4:15	2 Lap Lanes 3:30-4:15	Swim Lessons 4:00-6:30	1 Lap Lane 3:30-4:00							5:15													
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8:00	<b>Open Swim 7:30-9:00</b>	<b>Open Swim 7:30-9:00</b>												8:00													
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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. Effective 1/8/18: Pool subject to shut down for 10 minutes for a safety break**