

Pool Schedule

06/11/18-08/19/18



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
4:45								4:45				
5:00								5:00				
5:15		\$ Cadence Running 5:05-6 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap)	Lap Swim 5:00-5:45 (3 Lap, 1 Open)	\$ Cadence Running 5:05-6 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap)	Lap Swim 5:00-8:40 (3 Lap, 1 Open)	\$ Cadence Running 5:05-6 (Meets in Open Lane) Lap Swim 5-8:40 (3 Lap)	Lap Swim 6:15-7:55 (3 lap, 1 open)	5:15				
5:30								Paddleboard bootcamp 5:45-6:30 (2 lap Lanes)	5:30			
5:45								Lap Swim 6:30-7:45 (3 Lap, 1 Open)	5:45			
6:00												6:00
6:15												6:15
6:30												6:30
6:45												6:45
7:00												7:00
7:15												7:15
7:30												7:30
7:45							7:45					
8:00			Shallow Water Aerobics 7:55-8:40	Deep End Open				8:00				
8:15	Lap Swim 8:15-9:30 (3 Lap, 1 Open)						AquaFit 8-8:45	8:15				
8:30								8:30				
8:45									8:45			
9:00		Aqua Kickboxing 8:45-9:30	Deep End Open		Aqua Zumba 8:45-9:30	Deep End Open		9:00				
9:15					H2O Sculpt 8:45-9:30	Deep End Open		9:15				
9:30			Swim Lessons 8:45-10:15	Jr. Paddlboard 9:30-10			Swim Lessons 8:00-1:30	9:30				
9:45	Adaptive Aquatics Swim (Open Swim for Children/ Adults with rehabilitation needs 9:45-11	1 Lap Lane 9:30-11							9:45			
10:00				Deep H2O 9:30-10:15	Shallow End Open				10:00			
10:15									10:15			
10:30			Twinges 10:20-11:05		Private Swim Lessons and Group Swim Lessons 10:15-11:30	1 Lap Lane 10:15-11:30			10:30			
10:45									10:45			
11:00		Private Swim Lessons/ 10:15-12:30			Private Lessons & Open Swim 9:30-11:30				11:00			
11:15									11:15			
11:30	Private Lessons & Open Swim 11-12:30				Preschool Camp Swim Lessons 11:30-12:00	Preschool Camp 11:30-12:00			11:30			
11:45			Private Lessons/Open Swim 11:15-1						11:45			
12:00					Private Lessons/Open Swim 12-12:30			12:00				
12:15								12:15				
12:30								12:30				
12:45								12:45				
1:00	Family Swim 12:30-2:15							1:00				
1:15								1:15				
1:30								1:30				
1:45								1:45				
2:00								2:00				
2:15		Camp Swim 12:30-3:30						2:15				
2:30								2:30				
2:45								2:45				
3:00								3:00				
3:15	Swim Lessons 2:15-3:45							3:15				
3:30								3:30				
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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 11 years of age must have an adult 18 years or older in the water with them at all times unless they have passed the deep water swim test, in which case adults must at least be on the pool deck.

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