

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							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		Aqua Kickboxing 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	Aquafit 8:45-9:30	Deep End Open			8:45
9:00													9:00
9:15													9:15
9:30													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													10:00
10:15													10:15
10:30													10:30
10:45													10:45
11:00													11:00
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11:45													11:45
12:00													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
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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.