

Pool Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap 7-7:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7 - 7:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m.</i>	<i>Lap Swim 6:00 – 7:55 a.m.</i>
<i>Deep Water 8:00 - 8:50 a.m.</i>	<i>Aqua Boogie 8:00 - 8:50 a.m. (March 7-May 23)</i>	<i>Open Swim/ Limited Lap Swim 7:00– 8:55 a.m</i>	<i>Open Swim/ Limited Lap Swim 7:00 - 8:55 a.m.</i>	<i>Open Swim/Limited Lap swim 7:00 – 8:55 a.m.</i>	<i>Open Swim 8:00 am - 4:45 p.m.</i>
<i>Aqua Zumba 9:00 - 9:50 a.m.</i>	<i>SilverSneaker Splash 9:00– 9:50 a.m</i>	<i>Hybrid Deep Water 9:00– 9:50 a.m</i>	<i>Aqua Yoga 9:00 - 9:45 a.m.</i>	<i>Deep Water 9:00 - 9:50 a.m.</i>	<i>Saturday Swim Lessons 8:30 -10:30 am (Pool OPEN)</i>
<i>Aqua Movers 10:00 - 10:50 a.m.</i>	<i>Gentle Aquacise 10:00 - 10:50 a.m.</i>	<i>Aqua Movers 10:00 - 10:50 a.m.</i>	<i>Gentle Aquacise 10:00 - 10:50 a.m.</i>	<i>Aqua Movers 10:10 - 11:00 am</i>	
<i>Open Swim/ Limited Lap Swim 11:00 am–8:45 p.m.</i>	<i>Open Swim/ Limited Lap Swim 11:00 – 5:10 p.m.</i>	<i>Open swim/Limited Lap Swim 11:00 –4:40 pm</i>	<i>Aquacise 11:00 - 11:50 a.m.</i>	<i>Open Swim/ Limited Lap Swim 11:05 am - 7:45 p.m.</i>	Sunday
	<i>Swim Lessons 12:45-2:15 pm (Pool OPEN)</i>	<i>Swim Lessons (Pool CLOSED) 4:45 pm – 7:00 pm</i>	<i>Open swim/ Limited lap swim 12:00 pm – 4:10 pm</i>		<i>Lap Swim 7:00 – 7:55 a.m.</i>
	<i>Aqua Kick 5:15 -6:00 pm</i>	<i>Swim Lessons (Pool CLOSED) 4:45 pm – 7:00 pm</i>	<i>Aqua Cardio Workout 4:15-5:00 pm</i>		<i>Open Swim 8:00 am - 2:45 p.m.</i>
	<i>Open Swim/ Limited Lap swim 6:05 – 8:45 p.m.</i>	<i>Open swim/Limited Lap Swim 7:05 pm – 8:45 pm</i>	<i>Aqua Zumba 5:10-6:00 pm</i>		
		<i>Open swim/Limited Lap Swim 6:05 – 8:45 pm</i>			

25 Yard Pool

Pool Parties available Saturdays & Sundays from 3-5 pm. Call to book.

Swim Lessons: Tuesday Afternoons (Pool Open), Wednesday Evenings (Pool Closed), Saturday Mornings (Pool Open). Call to sign-up.