

Pool Schedule

<i>Monday</i>	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Lap swim</i> 5:00 – 6:55 a.m. Open Swim/ Limited Lap 7:00 - 8:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7 - 7:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00– 8:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00 - 8:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. Open Swim/Limited Lap swim 7:00 – 8:55 a.m.	<i>Lap Swim</i> 6:00 – 7:55 a.m.
	<i>Aqua Boogie</i> 8:00 - 8:50 a.m.				Open Swim 8:00 am - 2:45 p.m.
<i>Aqua Zumba</i> 9:00 - 9:50 a.m.	<i>SilverSneaker Splash</i> 9:00– 9:50 a.m.	<i>Hybrid Deep Water</i> 9:00– 9:50 a.m.	<i>Aqua Yoga</i> 9:00 - 9:50 a.m.	<i>Deep Water</i> 9:00 - 9:50 a.m.	Swim Lessons (Pool OPEN) 1:30-2:45 pm
<i>Aqua Movers</i> 10:00 - 10:50 a.m.	<i>Gentle Aquacise</i> 10:00 - 10:50 a.m.	<i>Aqua Movers</i> 10:00 - 10:50 a.m.	<i>Gentle Aquacise</i> 10:00 - 10:50 a.m.	<i>Aqua Zumba</i> 10:00 - 10:50 am	
Open Swim/ Limited Lap Swim 11:00 a.m–8:45 p.m.	Open Swim/ Limited Lap Swim 11:00 a.m. – 5:10 p.m.	Open swim/Limited Lap Swim 11:00 –3:40 pm	Aquacise 11:00 - 11:50 a.m.	Open Swim/ Limited Lap Swim 11:00 am - 7:45 p.m.	Sunday
	Swim Lessons (Pool OPEN) 11:00am-12:15pm		Open swim/ Limited lap swim 12:00 pm – 4:25 pm		Lap Swim 7:00 – 7:55 a.m.
	<i>Aqua Kick</i> 5:15 -6:00 pm	Swim Lessons (Pool CLOSED) 3:45 pm – 6:00 pm	<i>Aqua Cardio</i> 4:30- 5:20 pm		Open Swim 8:00 am - 2:45 p.m.
	Open Swim/ Limited Lap swim 6:05 – 8:45 p.m.	Open swim/Limited Lap Swim 6:05 pm – 8:45 pm	<i>Aqua Stretch</i> 5:30- 6:15 pm		
			Open swim/Limited Lap Swim 6:20 – 8:45 pm		

25 Yard Pool

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

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