

# Aquatic Schedule 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 - 9:00am Lap Swim					8:00-10:00am Lap Swim
	7:00-8:00am Water Aerobics Lap Swim (2 lanes)		7:00-8:00am Water Aerobics Lap Swim (2 lanes)	7:00-8:00am Water Aerobics Lap Swim (2 lanes)		10:00-12:00pm Open Swim Lap Swim (1 lane)
	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	
12:00-1:00pm Lap Swim	Aqua Dance Plus	Aqua Tone	Aqua Dance Plus	Aqua Tone	HIIT	12:00-1:00pm Lap Swim
	10:00 - 10:45am Twinks & Kinks LapSwim (1 lane)					
1:00-4:00pm Open Swim Lap Swim (1 lane)	11:00am-1:00pm Lap Swim					1:00-4:00pm Open Swim Lap Swim (1 lane)
	1:00pm-3:45pm Open Swim Lap Swim (1 lane)					
4:00-4:45pm Family Swim Lap Swim (1 lane)	Swim Team Swim lessons <b>NO LAP SWIM</b>	4:00-5:30pm Lap Swim (1 lane)	Swim Lessons Swim Team		4:00-5:45pm Lap Swim	4:00-4:45pm Family Swim Lap Swim (1 lane)
	Swim Team <b>NO LAP SWIM</b>	5:30-6:30pm Aqua Power Lap Swim (2 lanes)				
	6:30-8:45pm Open Swim Lap Swim (1 lane)	6:30-7:30pm Lessons 6:15-7:15pm <b>NO LAP SWIM</b>	6:30-8:45pm Open Swim Lap Swim (1 lane)	6:30-7:30PM Lessons 6:15-7:15pm <b>NO LAP SWIM</b>		
		7:30-8:45pm Open Swim Lap Swim (1 lane)		7:30-8:45pm Open Swim Lap Swim (1 lane)		



Due to Military Training the pool will be closed from 12:00-3:00pm on the following Fridays: 9/6, 10/11, 11/8, 12/6

**HOLIDAY CLOSINGS:**  
Sept. 2, Nov. 11, Nov. 25-29  
Dec. 24 & 25

❖ **NO LAP SWIM** on Mondays from 4:00-6:30pm and on Tuesday/Thursday from 6:15-7:15pm

❖ In August and December, swim team and swim lessons do not meet. Pool will be available for lap swimming at these times.

PLEASE NOTE: All schedules are tentative and subject to change according to need, availability of instructors, enrollment levels and others factors. Watch for updates.



## LAP SWIM:

This time is set aside for adults to work out either by swimming laps or by exercising on their own. Due to limited pool space, we ask that swimmers share a lane. Persons under the age of 18 must have prior approval of the Aquatic Manager to use the pool at this time.



## OPEN SWIM:

This time is set aside to have fun in the pool. Children under the age of 12 must have an adult either in the pool or on deck. Children under the age of 6 must have an adult in the water.



## FAMILY SWIM:

This time is set aside especially for families with small children to enjoy the pool in a less crowded environment. A parent or guardian **MUST** accompany their children in the water.