

Aquatic Schedule 2018



Due to Military Training the pool will be closed from 12:00-3:00pm on the following Fridays: Jan. 12, Feb. 9, Mar. 9 Mar. 23, Apr. 6 and May 4.

HOLIDAY CLOSINGS:
Jan. 15, Feb. 19, Apr. 1 and May 28.

❖ **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.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|---|----------------------|---|---|--------------|--|
| | 6:00 - 9:00am | | Lap Swim | | | 8:00-10:00am |
| | 7:00-8:00am | | 7:00-8:00am | 7:00-8:00am | | Lap Swim |
| | Water Aerobics Lap Swim (2 lanes) | | Water Aerobics Lap Swim (2 lanes) | 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 | Aqua Dance Plus | Aqua Tone | Aqua Dance Plus | Aqua Tone | HIIT | 12:00-1:00pm |
| Lap Swim | 10:00 - 10:45am Twinks & Kinks | | | | | Lap Swim |
| 1:00-4:00pm | LapSwim | | (1 lane) | | | 1:00-4:00pm |
| Open Swim | 11:00am-1:00pm Lap Swim | | | | | Open Swim |
| Lap Swim (1 lane) | 1:00pm-3:50pm Open Swim | | | | | Lap Swim (1 lane) |
| | Lap Swim (1 lane) | | | | | |
| 4:00-4:50pm | Swim Team | 4:00-5:30pm | Swim Lessons | | | 4:00-4:50pm |
| Family Swim | Swim lessons | Lap Swim (1 lane) | | | 4:00-5:50pm | Family Swim |
| Lap Swim (1 lane) | NO LAP SWIM | | Swim Team | | Lap Swim | Lap Swim (1 lane) |
| | 5:30-6:30pm | | Aqua Power | | | |
| | Swim Team | Lap Swim (2 lanes) | | | | |
| | NO LAP SWIM | | | | | |
| | 6:30-8:50pm | 6:30-7:30pm | 6:30-8:50pm | 6:30-7:30PM | | |
| | Open Swim | Lessons | Open Swim | Lessons | | |
| | Lap Swim (1 lane) | 6:15-7:15pm | Lap Swim (1 lane) | 6:15-7:15pm | | |
| | | NO LAP SWIM | | NO LAP SWIM | | |
| | | 7:30-8:50pm | | 7:30-8:50pm | | |
| | | Open Swim | | Open Swim | | |
| | | Lap Swim (1 lane) | | Lap Swim (1 lane) | | |

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 11 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.