

Aquatic Schedule 2022

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)					
4:00-5:00pm Family Swim Lap Swim (1 lane)	Swim Team Swim lessons NO LAP SWIM	4:00-5:30pm Lap Swim (1 lane)	Swim Lessons Swim Team		4:00-6:00pm Lap Swim	4:00-5:00pm Family Swim Lap Swim (1 lane)
	Swim Team NO LAP SWIM	5:30-6:30pm Aqua Power Lap Swim (2 lanes)				
	6:30-9:00pm Open Swim Lap Swim (1 lane)	6:30-7:30pm Lessons 6:15-7:15pm NO LAP SWIM	6:30-9:00pm Open Swim Lap Swim (1 lane)	6:30-7:30PM Lessons 6:15-7:15pm NO LAP SWIM		
		7:30-9:00pm Open Swim Lap Swim (1 lane)		7:30-9:00pm Open Swim Lap Swim (1 lane)		



Due to Military Training the pool will be closed from 12:00-3:00pm on the following Fridays:
1/14, 2/4, 3/4, 4/8, 5/6

HOLIDAY CLOSINGS:
1/1, 1/17, 2/21, 4/17, 5/30

❖ **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.



FAMILY SWIM:

This time is set aside especially for families with children under 13 to enjoy the pool in a less crowded environment. A parent or guardian **MUST** accompany their children in the water.

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 13 must have an adult either in the pool or on deck. Children under the age of 6 must have an adult in the water.

