

# Aquatic Schedule 2023

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



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

**HOLIDAY CLOSINGS:**  
9/4, 11/10-11, 11/18-24  
12/24-26

❖ **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.

