

Fitness Pool

January 7th - January 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	CSW		CSW				
6:00 AM	5:45-7am (3 Lns)		5:45-7am (3 Lns)				
7:00 AM							
7:30 AM						CSW	
8:00 AM						7:30-9:00 am (3 lanes)	
8:30 AM							
9:00 AM						Tabata 9:00 - 10:00	
9:30 AM						Cathy (3 Lns)	
10:00 AM		Aqua Fit Mix 10-11		DW 10-11am Donita	Aqua Fit Mix 10-11am	DW Tabata 10-11	
10:30 AM		Katie (2 Lns)		(2-3 Lns)	Katie (2-3Lns)	Bridget (2 Lns)	
11:00 AM						Stroke Develop.	
11:30 AM						10:15-10:55 (1 Ln)	
12:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM
12:30 PM							
1:00 PM	7 LANES	7 LANES	7 LANES	7 LANES	7 LANES		7 LANES
1:30 PM							
2:00 PM							
2:30 PM						LAP SWIM	
3:00 PM							
3:30 PM						7 Lanes	
4:00 PM							
4:30 PM							LAP SWIM
5:00 PM							
5:30 PM		Stroke Develop.		Stroke Develop.			7 LANES
6:00 PM	Tabata 6:00 - 7:00	6:15 - 6:55	Tabata 6:00 - 7:00	5:30-6:10 pm			
6:30 PM	Katie (3 Lns)	(1 Lane)	Cathy	(1 Lane)			
7:00 PM	DW Tabata 7-8:00	Swim Team	Deep Water 7-8:00	Swim Team			
7:30 PM	Bridget (2 Lns)	5:30 - 8:15	Jackie (2 Lns)	5:30 - 8:15			
8:00 PM		(4 Lanes)		(4 Lanes)			
8:30 PM							
9:00 PM							
9:30 PM							

Schedules may vary weekly and are subject to change.

*As lanes move toward the windows they become progressively deeper.

Lanes are always available to members.

Limited number of lanes are available for use during classes. Members are encouraged to circle swim during these busy times.

Family/Therapy Pool

January 7th - January 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN		
7:00 AM	SWIM	SWIM	SWIM	SWIM	SWIM		
7:30 AM							
8:00 AM	Senior Splash						
8:30 AM	8:00 - 9:00 Cleva						
9:00 AM	Aquacise	Arthritis	Senior Splash	Arthritis	Senior Splash		
9:30 AM	9:00 - 10:00 Carol	9:00-10:00 Jackie	9:00-10:00 Cleva	9:00-10:00 Debbie	9:00-10:00 Cleva	Group Swim Lessons 9:30 - 10:55	
10:00 AM							
10:30 AM			G.I.S.D.				
11:00 AM			10:30-11:30		Yoga/Pilates	20 min private lessons 11:10-12:10	
11:30 AM	Arthritis				11:00 - 12:00 Carol		
12:00 PM	11:30-12:30 Nita		Arthritis	Arthritis	Arthritis		
12:30 PM			12:00-1:00 Nita	12:00-1:00 Mary	12:00-1:00 Debbie	Arthritis	
1:00 PM		Aquacise Carol		Aquacise		12:30-1:30 Jackie	Arthritis
1:30 PM		1:00-2:00		1:00-2:00 Carol			1:00-2:00 Mary
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		OPEN	OPEN	OPEN			
4:30 PM		SWIM	SWIM	SWIM			
5:00 PM	Arthritis		Arthritis				
5:30 PM	5:00 - 6:00 pm Debbie	Group Swim	5:00-6:00 Mary	Group Swim		OPEN	OPEN
6:00 PM		Lessons		Lessons		SWIM	SWIM
6:30 PM		5:30 - 6:55		5:30 - 6:55			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

OPEN SWIM POLICY: Children 0-5 years **MUST BE ACCOMPANIED BY AN ADULT**. Children 6-12 years may be signed in by a member adult if the child has completed the swim test and has a completed family form and photo on file with Membership Services. **OPEN SWIM IS AVAILABLE WHENEVER THE POOL IS OPEN, UNLESS NOTED OTHERWISE**

All water aerobic classes are open to all ages and abilities. Members are encouraged to work at their own pace.