

# Fitness Pool

## January 14th - January 20th

	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		Triathlon Training 9-10 Kellie (3 Lns)				Tabata 9:00 - 10:00 Cathy (3 Lns)	
9:30 AM							
10:00 AM		Aqua Fit Mix 10-11 Katie (2 Lns)		DW 10-11am Donita (2-3 Lns)	Aqua Fit Mix 10-11am Katie (2-3Lns)	DW Tabata 10-11 Bridget (2 Lns)	
10:30 AM							
11:00 AM						Stroke Develop. 10:15-10:55 (1 Ln)	
11:30 AM							
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 Donita (3 Lns)	6:15 - 6:55 (1 Lane)	Tabata 6:00 - 7:00 Cathy	5:30-6:10 pm (1 Lane)			
6:30 PM							
7:00 PM	DW Tabata 7-8:00 Donita (2 Lns)	Swim Team 5:30 - 8:15 (4 Lanes)	Deep Water 7-8:00 Jackie (2 Lns)	Swim Team 5:30 - 8:15 (4 Lanes)			
7:30 PM							
8:00 PM	Triathlon Training 7-8 Tonya (3 Lns)						
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 14th - January 20th

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