

Fitness Pool

June 10th - June 16th

	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		
8:30 AM						(3 lanes)		
9:00 AM						Tabata 9:00 - 10:00		
9:30 AM						Cathy (3 Lns)		
10:00 AM	DW 10:00-11:00 am	Fit Mix 10-11:00 am		DW 10:00-11:00 am	Fit Mix 10-11:00 am			
10:30 AM	Donita (2-3 Lns)	Katie (2-3 Lns)		Donita (2-3 Lns)	Katie (2-3 Lns)			
11:00 AM								
11:30 AM								
12:00 PM	LAP SWIM	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	7 LANES	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	3:00-9:15 pm Swim Team June 3 - June 14 4 Lanes		3:00-9:15 pm Swim Team June 3 - June 14 4 Lanes		3:00-9:15 pm Swim Team June 3 - June 14 4 Lanes			
3:30 PM		3:30-9:15 pm		3:30-9:15 pm		3:30-9:15 pm	3:30-9:15 pm	
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
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 when the fitness pool is open

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

Family/Therapy Pool

June 10th - June 16th

	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		
10:00 AM						Arthritis	
10:30 AM						10-11:00 am Noelle	
11:00 AM					Yoga/Pilates		
11:30 AM	Arthritis				11:00 - 12:00 Katie		
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		
1:00 PM		Aquacise Carol		Aquacise			Arthritis
1:30 PM		1:00-2:00		1:00-2:00 Katie			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							
5:30 PM						OPEN	OPEN
6:00 PM	Fit Mix 6-7:00 pm		Tabata 6-7:00 pm			SWIM	SWIM
6:30 PM	Katie		Cathy				
7:00 PM	Arthritis		Arthritis				
7:30 PM	7:00-8:00 pm Debbie		7:00-8:00 pm Mary				
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.