

# Fitness Pool

June 17th - June 23rd

	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	7:00 am-1:45 pm  Swim Team  June 17-July 19  4 Lanes	7:00 am-1:15 pm	7:00 am-1:45 pm	7:00 am-1:15 pm	7:00 am-1:45 pm			
7:30 AM						CSW 7:30-9:00 am (3 lanes)		
8:00 AM			Swim Team	Swim Team	Swim Team	Swim Team	Tabata 9:00 - 10:00 Bridget (3 Lns)	
8:30 AM								
9:00 AM			June 3 - June 14	June 17-July 19	June 3 - June 14	June 17-July 19		
9:30 AM								
10:00 AM			4 Lanes	4 Lanes	4 Lanes	4 Lanes		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM						LAP SWIM	LAP SWIM	
12:30 PM								
1:00 PM						7 LANES	7 LANES	
1:30 PM		Fit Mix 1:30-2:30 pm Katie						
2:00 PM	DW 2:00-3:00 pm Donita							
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM				Swim Meet				
5:00 PM	Stroke Dev (1 lane)		Stroke Dev (1 lane)	Lap Pool Closed				
5:30 PM	5:30-6:10 pm		5:30-6:10 pm					
6:00 PM	Tabata 6:00 - 7:00 Katie (3 Lns)		Tabata 6-7:00 pm Cathy					
6:30 PM								
7:00 PM	DW Tabata 7-8:00 Bridget (2 Lns)			4:15-8:00 pm (approx)				
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 17th - June 23rd

	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	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 Mary	9:00-10:00 Jackie	9:00-10:00 Cleva	9:00-10:00 Byron	9:00-10:00 Cleva		
10:00 AM	<b>Group Lessons</b>	<b>Group Lessons</b>	<b>Group Lessons</b>	<b>Group Lessons</b>	Fit Mix 10-11:00 am	Arthritis	
10:30 AM	<b>9:30-10:55</b>	<b>9:30-10:55</b>	<b>9:30-10:55</b>	<b>9:30-10:55</b>	Katie	10-11:00 am Jackie	
11:00 AM		<b>20 Min Lessons</b>		<b>20 Min Lessons</b>	Yoga/Pilates		
11:30 AM	Arthritis	<b>11:10-12:10</b>		<b>11:10-12:10</b>	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		
1:00 PM	<b>Kids Camp</b>	Aquacise Carol	<b>Kids Camp</b>	Aquacise	<b>Kids Camp</b>		Arthritis
1:30 PM	<b>1:00-2:30 pm</b>	1:00-2:00	<b>1:00-2:30 pm</b>	1:00-2:00 Carol	<b>1:00-2:30 pm</b>		1:00-2:00 Mary
2:00 PM		<b>Kids Camp</b>		<b>Kids Camp</b>			
2:30 PM		<b>2:00-2:30pm</b>		<b>2:00-2:30pm</b>			
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							
5:30 PM	<b>Group Swim</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	Arthritis		Arthritis				
7:30 PM	7:00-8:00 pm Debbie		7:00-8:00 pm Byron				
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.