

Fitness Pool

September 16th - September 22nd

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

September 16th - September 22nd

	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 Byron	9:00-10:00 Cleva		
10:00 AM						Group Swim Lessons 9:30 - 10:55	
10:30 AM							
11:00 AM					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 Katie		Arthritis	Arthritis	Arthritis		
12:30 PM			12:00-1:00 Donita	12:00-1:00 Noelle	12:00-1:00 Debbie		
1:00 PM		Aquacise Carol	Homeschool	Aquacise		Arthritis	Arthritis
1:30 PM		1:00-2:00	1:00-2:00 pm	1:00-2:00 Carol		12:30-1:30 Jackie	1:00-2:00 Jackie
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN		
4:30 PM	SWIM	SWIM	SWIM	SWIM	SWIM		
5:00 PM	Arthritis		Arthritis				
5:30 PM	5:00-6:00 pm Debbie	Group Lessons	5:00-6:00 pm Byron	Group Lessons		OPEN	OPEN
6:00 PM		5:30-6:10		5:30-6:10		SWIM	SWIM
6:30 PM		6:15-6:55		6:15-6:55			
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.