

# Fitness Pool

## September 9th - September 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Coached Swim		Coached Swim				
6:00 AM	5:45-7am (3 Lns)		5:45-7am (3 Lns)				
7:00 AM							
7:30 AM						Coached Swim	
8:00 AM						7:30-9:00 (3 Lns)	
8:30 AM							
9:00 AM						Tabata 9:00 - 10:00	
9:30 AM						Bridget (3 Lns)	
10:00 AM	DW 10:00-11:00 am	Fit Mix		DW 10:00-11:00 am	Fit Mix		
10:30 AM	Donita	10:00-11:00 am Katie		Donita	10:00-11:00 am Katie		
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	7 LANES	7 LANES	7 LANES	7 LANES
1:30 PM			1-2:00 pm (3 Lns)				
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							
6:00 PM	Tabata 6:00 - 7:00	7 LANES	Tabata 6-7:00 pm	7 LANES	7 LANES	7 LANES	7 LANES
6:30 PM	Katie (3 Lns)		Cathy				
7:00 PM	DW Tabata 7-8:00						
7:30 PM	Bridget (2 Lns)						
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 9th - September 15th

	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 Noelle</b>	<b>9:00-10:00 Cleva</b>		
10:00 AM							
10:30 AM							
11:00 AM					<b>Yoga/Pilates</b>		
11:30 AM	<b>Arthritis</b>				<b>11:00 - 12:00 Katie</b>		
12:00 PM	<b>11:30-12:30 Cathy</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 Noelle</b>	<b>12:00-1:00 Cleva</b>	<b>Arthritis</b>	
1:00 PM		<b>Aquacise Carol</b>	<b>Homeschool</b>	<b>Aquacise</b>		<b>12:30-1:30 pm Jackie</b>	<b>Arthritis</b>
1:30 PM		<b>1:00-2:00</b>	<b>1:00-2:00 pm</b>	<b>1:00-2:00 Noelle</b>			<b>1:00-2:00 Jackie</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>	<b>OPEN</b>	<b>OPEN</b>		
4:30 PM	<b>SWIM</b>	<b>SWIM</b>	<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>5:00-6:00 pm Byron</b>			<b>OPEN</b>	<b>OPEN</b>
6:00 PM						<b>SWIM</b>	<b>SWIM</b>
6:30 PM							
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.