

POOL SCHEDULE

FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM 5:15-8:30 AM	LAP SWIM 5:15-8:30 AM	LAP SWIM 5:15-8:30 AM	LAP SWIM 5:15-8:30 AM	LAP SWIM 5:15-8:30 AM	LAP SWIM 7:30-9:00 AM
	AQUASLIM 6:00 - 7:00 AM MICHELLE / MAREN		AQUASLIM 6:00 - 7:00 AM MICHELLE / MAREN		AQUA MIX 9:00 - 10:00 AM STAFF ROTATION
INDEPENDENT EXERCISE 7:30 - 8:30 AM	DEEP 7:30 - 8:20 AM RUTH	INDEPENDENT EXERCISE 7:30 - 8:30 AM	DEEP 7:30 - 8:20 AM RUTH	INDEPENDENT EXERCISE 7:30 - 8:30 AM	SWIM LESSONS 9:00 - 11:00 AM
STRETCH & FLEX 8:45 - 9:15 AM CHRISTY	SWIM LESSONS 8:30 - 10:30 AM	STRETCH & FLEX 8:30 - 9:15 AM JOYCE	SWIM LESSONS 8:30 - 10:30 AM	STRETCH & FLEX 8:30 - 9:15 AM RUTH	
DEEP WATER WALKING 8:30 - 10:00 AM		DEEP WATER WALKING 8:30 - 10:00 AM		DEEP WATER WALKING 8:30 - 10:00 AM	LAP SWIM 11:00 AM - 1:00 PM
MORNING POWER HOUR 9:15-10:00 AM CHRISTY		CARDIO TONING 9:15-10:00 AM JOYCE		MORNING POWER HOUR 9:15-10:00 AM RUTH	
	AQUA ARTHRITIS 10:30-11:20 AM JESSICA		AQUA ARTHRITIS 10:30-11:20 AM CHRISTY	WEIGHTS & WATER 10:45-11:20 AM JESSICA	OPEN SWIM 1:00 - 5:30 PM
LAP SWIM 10:30 AM - 1:30 PM	LAP SWIM 10:30 AM - 1:30 PM	LAP SWIM 10:30 AM - 1:30 PM	LAP SWIM 10:30 AM - 1:30 PM	LAP SWIM 10:30 AM - 1:30 PM	
CLOSED 1:30 - 3:30 PM	CLOSED 1:30 - 3:30 PM	CLOSED 1:30 - 3:30 PM	CLOSED 1:30 - 3:30 PM	CLOSED 1:30 - 3:30 PM	CLOSED 5:30 PM
OPEN SWIM 3:30 - 5:00 PM	ADULT SWIM 3:30 - 5:00 PM	OPEN SWIM 3:30 - 5:00 PM	ADULT SWIM 3:30 - 5:00 PM	OPEN SWIM 3:30 - 5:00 PM	
	AQUA POWER 4:00 - 5:00 PM JESSICA / PAUL		AQUA POWER 4:00 - 5:00 PM JESSICA	AQUA POWER 4:30 - 5:30 PM JESSICA	SUNDAY
LAP SWIM 5:00 - 6:00 PM	LAP SWIM 5:00 - 6:00 PM	LAP SWIM 5:00 - 6:00 PM	LAP SWIM 5:00 - 6:00 PM	LAP SWIM 5:00 - 6:30 PM	SAUNA OPENS 11:00 AM
SWIM LESSONS 5:30 - 7:00 PM		SWIM LESSONS 5:30 - 7:00 PM	AQUA TABATA 5:30-6:30 PM CHRISTY		LAP SWIM 10:30 AM - 1:00 PM
	SWIM LESSONS 6:00 - 7:30 PM		SWIM LESSONS 6:00 - 7:30 PM		
BODY CORE & SOUL 6:00 - 7:00 PM MAREN	EVENING POWER HOUR 6:30-7:30 PM KERRY	BODY CORE & SOUL 6:00 - 7:00 PM REGINA	CARDIO STRENGTH 6:30 - 7:30 PM CARLA / TRISH		OPEN SWIM 1:00 - 5:30 PM
LAP SWIM 7:00 - 7:45 PM		LAP SWIM 7:00 - 7:45 PM			
OPEN SWIM 7:45 - 8:30 PM	OPEN SWIM 7:30 - 8:30 PM	OPEN SWIM 7:45 - 8:30 PM	OPEN SWIM 7:30 - 8:30 PM	OPEN SWIM 6:30 - 8:30 PM	CLOSED 5:30 PM
CLOSED 8:30 PM	CLOSED 8:30 PM	CLOSED 8:30 PM	CLOSED 8:30 PM	CLOSED 8:30 PM	

KEY

GROUP EXERCISE


SWIM LESSONS

LAP SWIM

ADULT SWIM


OPEN SWIM

Follow us on Facebook



Periodically an instructor finds they unexpectedly are unable to teach. We do our best to procure a substitute, but there are times when it is not possible and a class can not be held.

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OPEN SWIM

Open swim is a time for families and children to have fun in the pool. Children age 5 and under must be accompanied by an adult in the water. Children ages 6 - 8 must have an adult in the pool area and must wear a flotation device or pass the swim test.

Everyone under age 15 will be tested for swim competency.

Weekend Open Swim Times

Saturday..... 1:00 – 5:30 pm
Sunday..... 1:00 – 5:30 pm

ADULT SWIM

Anyone can join adult swim to swim a few laps, join an exercise class or relax in the hot tub. Adult swim time is oriented towards patrons 15 and over.

LAP SWIM

Lap swim will periodically share the pool with water exercise classes. During afternoon and evening lap swim, all lanes will be available.

Weekend Lap Swim Times

Saturday..... 7:30 – 9:00 am
11:00 am – 1:00 pm
Sunday..... 11:00 am – 1:00 pm

Weekday Open Swim Times

Monday..... 3:30 – 5:00 pm
7:45 – 8:30 pm
Tuesday..... 7:30 – 8:30 pm
Wednesday..... 3:30 – 5:00 pm
7:45 – 8:30 pm
Thursday..... 7:30 – 8:30 pm
Friday..... 3:30 – 5:00 pm
6:30 – 8:30 pm

Weekday Adult Swim Times

Tuesday..... 3:30 – 5:00 pm
Thursday..... 3:30 – 5:00 pm

Weekday Lap Swim Times

Monday 5:15 – 8:30 am
& 10:00 am – 1:30 pm
Wednesday 5:00 – 6:00 pm
7:00 – 7:45 pm
Tuesday 5:15 – 8:30 am
& 10:30 am – 1:30 pm
Thursday 5:00 – 6:00 pm
Friday..... 5:15 – 8:30 am
10:00 am – 1:30 pm
5:00 – 6:30 pm