

PER ORDER OF THE HEALTH DEPARTMENT, ALL SWIMMERS ARE REQUIRED TO SHOWER BEFORE ENTERING THE POOLS.

# NEW Pool Schedule

## Effective February 13, 2017



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	POOL OPENS @ 6:30AM					POOL OPENS @ 7am	
7:00	Aquacise 6:45-7:30am (3 Lap Lanes)	Aquacise 6:45-7:30am (3 Lap Lanes)	SHALLOW Aquacise 6:45-7:30am (3 Lap Lanes)	Aquacise 6:45-7:30am (3 Lap Lanes)	DEEP Aquacise 6:45-7:30am (2 Lap Lanes)	Leisure Swim 7-8am (4 Lap Lanes)	POOL OPENS @ 8AM
7:30							
8:00	Leisure Swim 7:30-9:30am (4 Lap Lanes)	Aqua Therapy 8-9am (3 Lap Lanes)	Leisure Swim 7:30-9am (4 Lap Lanes)	Aqua Therapy 8-9am (3 Lap Lanes)	Leisure Swim 7:30-9am (4 Lap Lanes)	Aquacise 8-8:45am (2 Lap Lanes)	Leisure Swim 8-10am (4 Lap Lanes)
8:30		Swim Lessons 9-11am (2 Lap Lanes)	Swim Lessons 9-11am (2 Lap Lanes)	Swim Lessons 9-11am (2 Lap Lanes)	Swim Lessons 9-11am (2 Lap Lanes)		
9:00	Swim Lessons 9:30-11am (2 Lap Lanes)	Lap Swim 10-11am	FAMILY SWIM 10-11am				
9:30		Senior Swim 10-11am					
10:00						Swim Lessons 9am-1pm (1 Lap Lane)	Swim Lessons 10am-12pm (3 Lap Lanes)
10:30							
11:00	Aquacise 11am-12noon (1 Lap Lane)	Aquacise 11am-12noon (2 Lap Lanes)	Aquacise 11am-12noon (1 Lap Lane)	Aquacise 11am-12noon (1 Lap Lane)	Aquacise 11am-12noon (1 Lap Lane)		
11:30							
12:00	Aqua Therapy 12-1pm (2 Lap Lanes)	Lap Swim 12-1pm	Aqua Therapy 12-1pm (1 Lap Lane)	Senior Swim 12-1pm (2 Lap Lanes)	Aqua Therapy 12-1pm (2 Lap Lanes)		Lap Swim 12-12:30pm
12:30							Pool Party 12:30-1:30pm (3 Lap Lanes)
1:00	Swim Lessons 1-3pm (1 Lap Lane)	Swim Lessons 12-3pm (1 Lap Lane)	21+ Swim 1-1:30pm Swim Lesson 1:30-2pm (3 Lap Lanes)	Swim Lessons 1-3pm (1 Lap Lane)	Swim Lessons 1-3pm (1 Lap Lane)	SHARKS 12:45-1:45pm Special Programs 1-2:30pm Extreme Teen 1:30-2:30pm (1 Lap Lane)	
1:30	21+ Swim 1-1:30pm	21+ Swim 1-1:30pm Family Swim 1:30-2:30pm		21+ Swim 1-1:30pm	21+ Swim 1-1:30pm Family Swim 2-3pm		
2:00	Family Swim 2-3pm		Leisure Swim 2-3:30pm (4 Lap Lanes)	Family Swim 2-3pm			Family Swim 1:30-3:30pm (2 Lap Lanes)
2:30		Leisure Swim 2:30-3:30pm (2 Lap Lanes)					
3:00	Leisure Swim 3-3:30pm (3 Lap Lanes)			Leisure Swim 3-3:30pm (1 Lap Lane)	Leisure Swim 3-3:30pm (3 Lap Lanes)	Pool Party 2:30-4:30pm (3 Lap Lanes)	
3:30							Leisure Swim 3:30-4:30pm (4 Lap Lanes)
4:00	Swim Lessons 3:30-6:30pm (1 Lap Lane)	Swim Lessons 3:30-6pm (1 Lap Lane)	Swim Lessons 3:30-6:30pm (1 Lap Lane)	Swim Lessons 3:30-6pm (1 Lap Lane)	Lap Swim 3:30-6:30pm (1 Lap Lane)		
4:30							
5:00							
5:30						Family Swim 4:30-6:30pm (2 Lap Lanes)	POOL CLOSING @ 4:30PM
6:00		SHARKS 6-7pm (1 Lap Lane)	SHARKS 6:30-7:30pm	SHARKS 6-7pm (1 Lap Lane)	SHARKS 6:30-7:30pm		
6:30	SHARKS 6:30-7:30pm	Family Swim 7-8pm (1 Lap Lane)	Family Swim 6:30-7:30	Family Swim 7-8pm	Family Swim 7-8pm		
7:00	Family Swim 6:30-7:30			Extreme Teen Lap (3 Lap Lanes)	SHARKS 6:30-7:30pm Family Swim 7-8:30pm (3 Lap Lanes: 6:30-7pm) (1 Lap Lane: 7:7:30pm) (3 Lap Lanes: 7:30-8:30pm)		
7:30	Aquacise Fundamentals Tri Swim 7:30-8:30pm (1 Lap Lane)	SHARKS 7-8:15pm	Aqua Combo 7:30-8:45pm (3 Lap Lanes)				
8:00							
8:30	Leisure Swim 8:30-9:30pm (4 Lap Lanes)	Leisure Swim 8:30-9:30pm (4 Lap Lanes)	Leisure Swim 8:45-9:30pm (4 Lap Lanes)	Leisure Swim 8-9:30pm (4 Lap Lanes)	Leisure Swim 8:30-9:30pm (4 Lap Lanes)		
9:00							
9:30pm	POOL CLOSING @ 9:30 PM						

**PLEASE MAKE NOTE OF THE FOLLOWING:**

**NEW Pool will close at 9pm on Tuesdays for our Adult Water Polo games.**

Leisure Swim is open to **adult full members** (17 years & up) who swim laps at a slower pace or do stationary exercises.

**Extreme Teen Lap Swim provides lap swim time for extreme teen members only.**

**Senior Swim provides two open lanes for stationary exercises.**

**THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTIFICATION**