

# NEW Pool Schedule

Effective November 6 - January 21, 2018

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

**PLEASE MAKE NOTE OF THE FOLLOWING:**

Leisure Swim is open to Adult Full Members (17 yrs. & 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**

