

Lap Pool Availability

	MON				TUE				WED				THURS				FRI			
Lane	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
5:15am - 7:00am																				
7:00am - 7:30am					Deep Water								Deep Water							
7:30am - 8:00am					Deep Water								Deep Water							
8:00am - 8:30am																				
8:30am - 9:00am	Cardio									Cardio						Cardio				
9:00am - 9:30am	Splash									Splash						Splash				
9:30am - 10:00am	Cardio				Deep Water					Cardio				Deep Water		Cardio				
10:00am - 10:30am	Splash				Deep Water					Splash				Deep Water		Splash				
10:30am - 11:00am										Aqua Zumb										
11:00am - 11:30am																				
11:30am - 12:00pm																				
12:00pm - 12:30pm																				
12:30pm - 1:00pm																				
1:00pm - 1:30pm																				
1:30pm - 2:00pm					Home School								Home School							
2:00pm - 2:30pm					Home School								Home School							
2:30pm - 3:00pm																				
3:00pm - 3:30pm	Group Lesson									Group Lesson										
3:30pm - 4:00pm	Group Lesson									Group Lesson										
4:00pm - 4:30pm	Group Lesson									Group Lesson										
4:30pm - 5:00pm	Group Lesson	Group Lesson								Group Lesson	Group Lesson									
5:00pm - 5:30pm	Group Lesson	Group Lesson								Group Lesson	Group Lesson									
5:30pm - 6:00pm	Group Lesson	Group Lesson								Group Lesson	Group Lesson									
6:00pm - 6:30pm	Hydro HIIT				Deep Water					Group Lesson	Group Lesson			HYDRO HIIT						
6:30pm - 7:00pm	HIIT				Deep Water									HIIT						
7:00pm - 7:30pm																				
7:30pm - 8:00pm																				
8:00pm - 8:30pm																				
8:30pm - 8:50pm																				

*Evening Aqua Fitness classes are 45 minutes in length




	SAT				SUN			
Lane	1	2	3	4	1	2	3	4
7:15am - 8:00am								
8:00am - 8:30am								
8:30am - 9:00am								
9:00am - 9:30am	Group Lesson	Group Lesson			Cardio			
9:30am - 10:00am	Group Lesson	Group Lesson			Splash			
10:00am - 10:30am	Group Lesson	Group Lesson			Group Lesson	Group Lesson		
10:30am - 11:00am	Group Lesson	Group Lesson			Group Lesson	Group Lesson		
11:00am - 11:30am	Group Lesson	Group Lesson			Group Lesson	Group Lesson		
11:30am - 12:00pm	Group Lesson	Group Lesson			Group Lesson	Group Lesson		
12:00pm - 12:30pm								
12:30pm - 1:00pm								
1:00pm - 6:00pm								

Color Key:	Lane Open
	Lane Closed
	Group Lesson
	Home School

Lap Swimming Etiquette
 Notify swimmer before entering the lane.
 Two swimmers share by swimming parallel in the lane.
 Three or more swimmers will "Circle Swim" (on the right).
 To pass, tap the foot of the swimmer in front, proceed.
 If unclear about lap swimming etiquette, request clarification.

Activity Pool Swim Availability					
	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am - 7:00am					
7:00am - 7:30am					
7:30am - 8:00am					
8:00am - 8:30am					
8:30am - 9:00am		Pi-Yo-Chi		Pi-Yo-Chi	
9:00am - 9:30am		8:30-9:15		8:30-9:15	
9:30am -10:00am					
10:00am - 10:30am					
10:30am - 11:00am	Balancing Arthritis	Healthy Joints		Healthy Joints	Balancing Arthritis
11:00am - 11:30am	10:45-11:30	10:45-11:30		10:45-11:30	10:45-11:30
11:30am - 12:00pm					
12:00pm - 12:30pm					
12:30pm - 1:00pm					
1:00pm - 1:30pm					
1:30pm - 2:00pm		Home School		Home School	
2:00pm -2:30pm		Home School		Home School	
2:30pm - 3:00pm					
3:00pm - 3:30pm					
3:30pm - 4:00pm					
4:00pm - 4:30pm					
4:30pm - 5:00pm					
5:00pm - 5:30pm					
5:30pm - 6:00pm					
6:00pm - 6:30pm					
6:30pm - 7:00pm					
7:00pm - 7:30pm					
7:30pm - 8:00pm					
8:00pm - 8:30pm					
8:30pm - 8:50pm					

	Saturday	Sunday
7:15am - 8:00am		
8:00am - 8:30am		
8:30am - 9:00am		
9:00am - 9:30am		
9:30am -10:00am		
10:00am - 10:30am		
10:30am - 11:00am		
11:00am - 11:30am		
11:30am - 12:00pm		
12:00pm - 12:30pm		
12:30pm - 1:00pm		
1:00pm - 6:00pm		

Color Key:		Pool Open
		Pool Occupied
		Group Lessons
*Activity Pool is open during group swim lessons accept for Saturdays/Sundays 9-11AM		