



POOL SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT	SUN
EARLY AM	Lap Swim & Open Swim 5am-10:30am	Lap Swim & Open Swim 5am-9:30am	Lap Swim & Open Swim 5am-10:30am	Lap Swim & Open Swim 5am-9:30am	Lap Swim & Open Swim 5am-10:30am	Lap Swim & Open Swim 8am-9:30am	
		Water Aerobics 9:30am		Water Aerobics 9:30am			
MID MORNING	Water Aerobics 11am	Lap Swim & Open Swim 10:30-2pm	Water Aerobics 10:30am	Lap Swim & Open Swim 10:30-2pm	Water Aerobics 10:30am	Swim Lessons & Open Swim 9:30am-5:30pm	Lap Swim & Open Swim 8am-5:30pm
	Lap Swim & Open Swim 12-2pm		Lap Swim & Open Swim 11:30-2pm		Lap Swim & Open Swim 11:30-2pm		
	Swim lessons 2pm-7pm	Swim lessons 2pm-7pm	Swim lessons 2pm-7pm	Swim lessons 2pm-7pm	Swim lessons 2pm-7pm		
EVENING	Lap Swim & Open Swim 7-9:30pm	Swim Club 7-8pm Lap Swim 8-9:30pm	Lap Swim & Open Swim 7-9:30pm	Swim Club 7-8pm Lap Swim 8-9:30pm	Lap Swim & Open Swim 7-9:30pm		

DESCRIPTION

Lap Swim

Ages 14 and older only. Two lanes are available for Lap Swim. Swimmers must swim in a circular manner to allow more swimmers to use the same lane. Rest of pool is available for water walking during Lap Swim.

Open Swim

Individuals and families may use the pool during Swim Lessons, two lap lanes are available for open swim. Youth under age 14 must be accompanied by an individual age 18 or older. Private Swim lessons may be held during this time.

Swim Lessons

Swim lessons are fee classes for various ages and skill levels. Two lanes may be available for “Individuals & Families” for Lap Swim/Open Swim if not being used by a swim instructor for private lessons.

Swim Club

Recreational swim team for kids age 6 and older. This is a fee program. No other activities during swim club.

Water Aerobics

This Instructor lead class combines cardiovascular conditioning and muscle strengthening in the water. No other activities during Water Aerobics. Lane lines will be removed 5minutes prior to class.