



WATER AEROBICS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:15 A.M	WATER AEROBICS: LAP POOL W/CHERYL	WATER AEROBICS: LAP POOL W/CHERYL	WATER AEROBICS: LAP POOL W/BECKY.H	WATER AEROBICS: LAP POOL W/BECKY.H	WATER AEROBICS: LAP POOL W/BECKY.H
8:00 - 9:00A.M	WATER AEROBICS: LAP POOL W/SANDY.A		WATER AEROBICS: LAP POOL W/SANDY.A		WATER AEROBICS: LAP POOL W/SANDY.A
8:30 - 9:30A.M					WATER INTERVAL: LAP POOL W/JACKIE
9:00 - 10:00 A.M	WATER AEROBICS: FAMILY POOL W/SANDY.A	WATER AEROBICS: FAMILY POOL W/SANDY.A		WATER AEROBICS: FAMILY POOL W/SANDY.A	
		WATER AREOBICS: LAP POOL W/ELLEN		WATER AREOBICS: LAP POOL W/SANDY.M	
11:00-12:00 A.M		TOTAL BODY WATER WELL- NESS: FAMILY POOL W/KIM		TOTAL BODY WATER WELL- NESS: FAMILY POOL W/KIM	
5:15 - 6:15 P.M	WATER EXCERCISE: FAMILY POOL W/BECKY.K	WATER EXCERCISE: FAMILY POOL W/SARAH.D	WATER EXCERCISE: FAMILY POOL W/BECKY.K	WATER EXCERCISE: FAMILY POOL W/TAWNI	

SWIM LESSONS & SWIM CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45 A.M		SWIM LESSONS: FAMILY POOL		SWIM LESSONS: FAMILY POOL	
4:00 - 6:15 P.M	SWIM LESSONS : FAMILY & LAP POOL	SWIM LESSONS : FAMILY & LAP POOL	SWIM LESSONS : FAMILY & LAP POOL	SWIM LESSONS : FAMILY & LAP POOL	
	SWIM CLUB: LAP POOL	SWIM CLUB: LAP POOL	SWIM CLUB: LAP POOL	SWIM CLUB: LAP POOL	SWIM CLUB: LAP POOL

OPEN SWIM

MONDAY - THURSDAY: 1:00 - 4:00 PM & 6:00 - 8:30 PM
 FRIDAY: 1:00 - 8:30 PM
 SATURDAY & SUNDAY: 12:00 - 5:30 PM

LAP SWIM

ANYTIME EXCEPT BETWEEN 4:00 - 6:00 PM MONDAY - THURSDAY

POOL HOURS

MONDAY - FRIDAY: 5:00 AM - 8:30 PM
 SATURDAY: 8:00 AM - 5:30 PM
 SUNDAY: 12:00 PM - 5:30 PM

INTERESTED IN SWIM LESSONS OR SWIM CLUB?

FEEL FREE TO GRAB A FLYER OR TALK WITH THE WELCOME CENTER. SWIM LESSONS AND SWIM CLUB ARE OFFERED YEAR-ROUND.

SCHEDULE SUBJECT TO CHANGE

REVISED 2/20/24