

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 | |
| 7:30 - 8:30 A.M | WATER AEROBICS: LAP POOL W/Sandy A | | WATER AEROBICS: LAP POOL W/Sandy A | | WATER AEROBICS: LAP POOL W/ Sandy A |
| 8:30 - 9:30 A.M | WATER AREOBICS: FAMILY POOL W/Sandy A | WATER AREOBICS: FAMILY POOL W/Sandy A | | WATER AREOBICS: FAMILY POOL W/Sandy A | WATER INTERVAL: LAP POOL W/ Jackie |
| 9:00 - 10:00 A.M | | WATER AREOBICS: LAP POOL W/Ellen | | WATER AREOBICS: LAP POOL W/Sandy M | |
| 11:-00 - 12:00 A.M | | WATER WALKING: FAMILY POOL W/Kim | | WATER WALKING: FAMILY POOL W/Judy | |
| 5:15 - 6:15 P.M | WATER EXCERCISE: FAMILY POOL W/Becky K | WATER EXCERCISE: FAMILY POOL W/ Sarah | WATER EXCERCISE: FAMILY POOL W/Becky K | WATER EXCERCISE: FAMILY POOL W/Tawni | |
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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.

FRITZ APOSTLE WATER SAFETY COURSE:

Students will be in the pools from 11:00AM - 12:30 on the following days:

05/17/23 (Wed), and 05/18/23 (Thurs)

Schedule is subject to change

Revised 5/1/23