

Pool(s) Closed:

January
Aquatics Schedule

Busy Times: M-F 3:30-7:00pm
Be advised you may need to share lap lanes!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45	Deep H2O CP		Deep H2O CP			Aquatic Area Hours Monday -Friday 5:45am- 8:30pm Saturday 7:00am-4:30pm Sunday 1:00-4:30pm	
7:45-8:30					Warm H2O Workout WP		
8:30-9:00					H2O Yoga WP		
8:00-8:45	Warm H2O Workout WP		Warm H2O Workout WP				
9:00-9:45	Deep Water Plus - CP	Deep Water Plus - CP	Deep Water Plus - CP	Deep Water Plus - CP	Deep Water Plus - CP		
9:15-10:30	Warm H2O Workout WP		Warm H2O Workout WP				
10:00-10:45	Silver Splash CP	Silver Splash CP	Silver Splash CP	Silver Splash CP	Silver Splash CP		Silver Splash CP
11:00-11:45	Arthritis Foundation WP	Arthritis Foundation WP	Arthritis Foundation WP	Arthritis Foundation WP	Arthritis Foundation WP		
11:00-11:30	Pre/ Post Natal Fit CP		Pre/ Post Natal Fit CP				
11:45-12:15	Babies in Boats WP		Babies in Boats WP				
12:00-12:45	12:00-12:45 Total Body WP	12:15- 12:45 Deep Water CP	12:00-12:45 Total Body WP	12:15- 12:45 Deep Water CP	12:00-12:45 Total Body WP	Water Park Hours Mon-Fri 2-4,7-8 Sat - 11-4:15 Sun - 1-4:15	
1:30-2:00	Total Body WP		Total Body WP		Total Body WP		
5:45-6:46	Arthritis Plus WP		Arthritis Plus WP		Arthritis Plus WP		
6:00-6:45	Total Body Plus - CP	Total Body Plus Deep- CP	Total Body Plus - CP	Total Body Plus Deep- CP	Warm H2O Workout WP		

Swim Lessons	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Babies / WP		6:00-6:30pm 6:30-7:00pm		6:00-6:30pm 6:30-7:00pm		
Pre-School / WP	5:15-5:45pm	9:30-10am 4-4:30pm 5-5:30pm	5:15-5:45pm	9:30-10am 4-4:30pm 5-5:30pm		9:00-9:30am
Youth / WP	4:45-5:15pm	9:00-9:30am 4:30-5pm 6-6:30pm	4:45-5:15pm	9:00-9:30am 4:30-5pm 6-6:30pm		9:30-10:00am
Adults / WP		5:30-6:15pm		5:30-6:15pm		

S w i m T e a m s	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6-7:30am 8 lanes	6-7:30am 8 lanes	6-7:30am 8 lanes	6-7:30am 8 lanes	6-7:30am 8 lanes	6-7:30am 8 lanes	8-11am 5 lanes	
	11:30-12:30pm 3 lanes Masters	11:30-12:30pm 3 lanes Masters	11:30-12:30pm 3 lanes Masters	11:30-12:30pm 3 lanes Masters	11:30-12:30pm 3 lanes Masters	11-12:30pm 4 lanes		
	3:30-7:00pm 9 lanes	3:30-7:00pm 9 lanes	3:30-7:00pm 9 lanes	3:30-7:00pm 9 lanes	3:30-7:00pm 9 lanes			
	7:00-8:30pm 5 lanes	7:00-8:30pm 5 lanes	7:00-8:30pm 5 lanes	7:00-8:30pm 5 lanes				

We have a total of 14 lanes between our Competition Pool (CP) and the Water Park (WP)

Between the two 25 yard pools there will always be 2 lanes available for Lap swimmers to circle swim

We ask that you review our pool policies for each of our pools prior to swimming as well as our event schedule.

We host several local swim meets each Month and try to ensure we minimize the impact to our members.

Thank you for your understanding and cooperation