



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE updated April 4, 2022

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am- 10 am Adult Lap and Adult Open Swim	5:30 am-7:30 am Adult Lap and Adult Open Swim	5:30 am- 10 am Adult Lap and Adult Open Swim	5:30 am-7:30 am Adult Lap and Adult Open Swim	5:30 am- 10 am Adult Lap and Adult Open Swim	7am- 12:45pm Open Swim Lap Swim Limited Lanes
10 am- 12pm Open Swim Lap Swim Limited Lanes	7:30-8:30 am Aqua Splash Lap Swim Limited Lanes	10 am- 12pm Open Swim Lap Swim Limited Lanes	7:30-8:30 am Aqua Splash Lap Swim Limited Lanes	10 am- 12pm Open Swim Lap Swim Limited Lanes	
12pm- 1pm Adult Lap and Adult Open Swim	8:30 am- 10 am Adult Lap and Adult Open Swim	12pm- 1pm Adult Lap and Adult Open Swim	8:30 am- 10 am Adult Lap and Adult Open Swim	12pm- 1pm Adult Lap and Adult Open Swim	
1pm-2pm Aquanastics Lap Swim Limited Lanes Deep End Open	10 am- 11am Arthritis - Shallow End Deep Water Aerobics Lap Swim Limited Lanes	1pm-2pm Aquanastics Lap Swim Limited Lanes	10 am- 11am Arthritis - Shallow End Deep Water Aerobics Lap Swim Limited Lanes	1pm-7:45pm Open Swim Lap Swim Limited Lanes	
2pm-6pm Open Swim Lap Swim Limited Lanes	11am-6:15pm Open Swim Lap Swim Limited Lanes	2pm-6pm Open Swim Lap Swim Limited Lanes	11am-6:15pm Open Swim Lap Swim Limited Lanes		
6pm-6:45pm Aqua Jogging Lap Swim Limited Lanes	6:15-7:00pm Deep Water Aerobics Lap Swim Limited Lanes	6pm-6:45pm Aqua Jogging Lap Swim Limited Lanes	6:15-7:00pm Deep Water Aerobics Lap Swim Limited Lanes	Pool Policies: Adult Lap/Open Swim is for guests 18 years and older for continual lap swim or water exercise. Open Swim Age Policy: Children 9 and under must be supervised by a parent or responsible adult. Children under the age of 5 must be within arms reach at all times	
6pm-7:15pm Swim Lessons	7pm-8:45pm Open Swim Lap Swim Limited Lanes	6pm-7:15pm Swim Lessons	7pm-8:45pm Open Swim Lap Swim Limited Lanes		
7:15pm-8:45pm Open Swim Lap Swim Limited Lanes		7:15pm-8:45pm Open Swim Lap Swim Limited Lanes			

Water Fitness Classes

Aqua Arthritis class is beneficial to individuals who struggle with the daily aches and pains of arthritis. These water exercises help range of motion, help to keep joints flexible and help to maintain or rebuild muscle strength.

Aqua Jogging also known as deep water running is a form of cardiovascular exercise that mimics the motion of jogging while submerged in water. Aqua Jogging is done by "running" laps in the pool while wearing a flotation device around your trunk.

Aqua Splash offers light to moderately intense strength and static range of movement, muscular endurance, balance, and agility conditioning. It is intended to increase flexibility, range of motion, strength, balance, agility and cardiovascular health. It is appropriate for all skill levels and promotes a sense of well being in a group setting.

Deep Water Aerobics class uses flotation belts designed for both swimmers and no-swimmers to improve strength and cardiovascular fitness giving a whole body workout. The water provides resistance and makes muscles work harder without impact.