



POOL EXERCISE SCHEDULES

1/2/2020-6/14/2020

MAIN POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-1pm Lap Swim	5:15am-1pm Lap Swim	5:15am-1pm Lap Swim	5:15am-1pm Lap Swim	5:15am-1pm Lap Swim		
6:00-7:30am Water Walking	6:00-7:30am Water Walking	6:00-7:30am Water Walking	6:00-7:30am Water Walking	6:00-7:30am Water Walking		
7:30-8:30am Aqua Gold •	7:30-8:30am Marine Core Δ	7:30-8:30am Aqua Gold •	7:30-8:30 AM Marine Core Δ	7:30-8:30 AM Aqua Gold •	7-10am Lap Swim & Private Lessons	
LIMITED OR NO LANES AVAILABLE DURING BLUE BLOCKS						
8:30-9:30 AM H.E.A.R.T. ♦	8:30-9:20am Aqua Zumba Δ	8:30-9:30am H.E.A.R.T. ♦	8:30-9:20 AM Aqua Zumba Δ	8:30-9:30 AM H.E.A.R.T. ♦	8:30-9:30am Water Aerobics and Lap Swim	8-10am Lap Swim & Private Lessons
9:30am-1pm Lap Swim and Water Walking	9:30am-1pm Lap Swim	9:30am-1pm Lap Swim and Water Walking	10:30-11:15am Swim Lessons	9:30am-1pm Lap Swim and Water walking	9:30-10am Lap Swim	
	11:30am-1pm Lap Swim and Water Walking		11:30am-1pm Lap Swim and Water Walking	2-3:30pm Lap Swim and Private Lessons	10am-12pm Open Swim	10am-12pm Open Swim
2- 3:30pm Open/Lap Swim Water Walking	2- 3:30pm Open/Lap Swim Water Walking	2- 3:30pm Camp/Lap Swim/ Water Walking	2- 3:30pm Open/Lap Swim Water Walking	5:30-6:30pm Lap Swim	12-1pm Lap Swim & Private Lessons	12-1pm Lap Swim & Private Lessons
5:30-6:30pm Lap Swim Private Lessons	5:30-6:15pm Water Tabata Δ	5:30-6:20pm Aqua Zumba Δ	5:30-6:15pm Water Tabata Δ	6:30-8pm Open Swim	1-3pm Open Swim	1-3pm Open Swim

WARM POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:30-8:30am Adult Open Swim	6:30-8:30am Adult Open Swim	6:30-8:30am Adult Open Swim	6:30-8:30am Adult Open Swim	6:30-8:30am Adult Open Swim	7-9am Adult Open Swim		
8:30-9:30am Open Swim	8:30-9:30am Open Swim	8:30-9:30am Open Swim	8:30-9:30am Open Swim	8:30-9:30am Open Swim		8-9am Adult Open Swim	
9:30-10:30 AM Warm Worx • Ω		9:30-10:30 AM Warm Worx • Ω			9am-12pm Family Swim Priority swim for families with small children	9am-12pm Family Swim Priority swim for families with small children	
10:30am-2pm Open Swim	10:30-11:30am Swim Lessons	10:30am-2pm Open Swim	10:30-11:30am Swim Lessons	11am-2pm Open/Lap Swim			
LIMITED SPACE AVAILABLE DURING BLUE BLOCKS							
12:15-1pm Aqua Yoga •	12-1pm Cardio Wave ♦	12:15-1pm Aqua Yoga •	12-1pm Cardio Wave ♦			12-1pm Adult Open Swim	12-1pm Adult Open Swim
1-2pm Open Swim	1-2pm Open Swim	1-2pm Open Swim	1-2pm Open Swim		1-3pm Family Swim Priority swim for families with small children	1-3pm Family Swim Priority swim for families with small children	
A QUIET SWIM OPEN TO OUR VETS						CLASS KEY • Gentle Δ Advanced ♦ Moderate Ω New Class	
2-4pm Veteran Swim	2-4pm Veteran Swim	2-4pm Veteran Swim	2-4pm Veteran Swim	2-4pm Veteran Swim			
5-6pm Open Swim	5-6pm Open Swim	5-6pm Open Swim	5-6pm Open Swim	5-6pm Open Swim			
7:15-8pm Family Swim	7:15-8pm Family Swim	7:15-8pm Family Swim	7:15-8pm Family Swim	6:30-8pm Family Swim			