

Big Pool Schedule

At least 2 lap lanes are available at all times. Please circle swim when necessary.

Monday	Tuesday	Wednesday	Thursday	Friday	<u>WEEKEND</u>
All Workout 5:00-6:15	All Workout 5:00-8:00	All Workout 5:00-6:15	All Workout 5:00-8:00	All Workout 5:00-6:15	
Hydro-Fit 6:15-7:15		Hydro-Fit 6:15-7:15		Hydro-Fit 6:15-7:15	Hydro-Fit 6:15-7:15
All Workout 7:15-8:30	Hydro-Fit 8:00-9:00	All Workout 7:15-8:30	Hydro-Fit 8:00-9:00	All Workout 7:15-8:30	Hydro-Fit 8:30-9:30
Hydro-Fit 8:30-9:30	Water Fitness 9:00-10:00	Hydro-Fit 8:30-9:30	Water Fitness 9:00-10:00	Hydro-Fit 8:30-9:30	Adult Workout 9:30-10:30
Deep Water Running 9:45-10:30	All Workout 10:00-13:30	Deep Water Running 9:45-10:30	All Workout 10:00-10:30	Deep Water Running 9:45-10:30	All Workout 10:30-8:00
Kids Swim Workout 10:30-11:15	Kids Swim Workout 10:30-11:15	Kids Swim Workout 10:30-11:15	Kids Swim Workout 10:30-11:15	All Workout 10:30-12:00	Sunday
All Workout 10:30-12:00	All Workout 10:30-12:00	All Workout 10:30-12:00	All Workout 10:30-12:00		Adult Workout 9:00-12:00
Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	All Workout 12:00-9:00
All Workout 1:00-9:00	All Workout 1:00-6:00	All Workout 1:00-9:00	All Workout 1:00-6:00	All Workout 1:00-9:00	Adult Workout 9:00-12:00
	Hydro-Fit 6:00-7:00		Hydro-Fit 6:00-7:00		All Workout 12:00-9:00
	All Workout 7:00-9:00		All Workout 7:00-9:00		
Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	

All classes are included in your membership, join anytime!

Updated 6/08

Hydro-Fit: Deep water exercise class, aerobic.

Deep Water Running: Interval style aerobic workout.

Water Fitness: An instructor led shallow water workout class, aerobic.

Adult Workout: Individual workout session for members 18 & older only.

All Workout: Members age 8 and older may walk/swim laps or do therapy exercise. Children under 14 years must be accompanied by an adult. **Swim lessons** for all ages may also be scheduled.

KSW (Kids Swim Workout): FREE class for kids ages 8-14. Instructor leads kids through fun workout. No registration required; must be able to swim at least one lap.

Master Swim: Instructor lead workout for adults. Improve your stroke mechanics. Not currently on the schedule but will return in the fall.