



# Warm Pool

Monday	Tuesday	Wednesday	Thursday	Friday	WEEKEND Saturday
Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 7:00-9:00
All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	<b>Family Swim 9:00-1:00</b>
<b>Water Fitness 9:00-10:00</b>	<b>Water Fitness 9:00-10:00</b>	<b>Water Fitness 9:00-10:00</b>	<b>Water Fitness 9:00-10:00</b>	<b>Water Fitness 9:00-10:00</b>	All Workout 1:00-6:00
<b>Water Walking 10:00-11:00</b>	<b>Water Walking 10:00-11:00</b>	<b>Water Walking 10:00-11:00</b>	<b>Water Walking 10:00-11:00</b>	<b>Water Walking 10:00-11:00</b>	Adult Workout 6:00-8:00
<b>Tri-Aqua 11:00-12:00</b>	All Workout 11:00-1:00	<b>Tri-Aqua 11:00-12:00</b>	All Workout 11:00-1:00	<b>Tri-Aqua 11:00-12:00</b>	<b>Sunday</b>
Therapy 12:00-1:00		Therapy 12:00-1:00		Therapy 12:00-2:00	
All Workout/ Swim Lessons 1:00-5:00	All Workout/ Swim Lessons 1:00-3:00	All Workout/ Swim Lessons 1:00-5:00	All Workout/ Swim Lessons 1:00-3:00	All Workout 2:00-5:00	
	<b>Water Fitness 3:00-4:00</b>		<b>Water Fitness 3:00-4:00</b>		<b>Family Swim 11:00-4:00</b>
	Swim Lessons 4:00-5:00		Swim Lessons 4:00-5:00		All Workout 4:00-5:00
All Workout 5:00-9:00	All Workout 5:00-7:00	All Workout 5:00-9:00	All Workout 5:00-7:00	<b>Family Swim 5:00-8:00</b>	Water Fitness 5:00-6:00
	Therapy 7:00-9:00		Therapy 7:00-9:00	All Workout 8:00-9:00	All Workout 6:00-7:00
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	Adult Workout 7:00-9:00

**Adult Workout:** Individual workout time for members 18 years & older only.

**Updated 06/08**

**All Workout:** Members age 8 and older may walk/swim laps or do therapy exercise.

An adult must accompany children under 14 years.

Swim Lessons for all ages may be scheduled during this time.

**Family Swim:** Recreational swim for parents and their kids. (Under 8 yrs OK)

**Therapy:** Therapy exercises, walking, slow lap swimming & stretching only.

**Swimming Lessons:** Group swim lessons are offered during this time. The pool is also available at this time for "**All Workout**" activities during this time.

**Water Fitness:** A class for all ages and fitness levels.

**Water Walking:** A slower moving class for all ages. Includes stretching, range of motion, and toning moves.

**Tri Aqua:** This Mind/Body class incorporates many moves from other classes including, Kickboxing, Pilates, and Arthritics; focus is on Range of Motion, Balance, and Strength.