

WARM POOL SCHEDULE



Updated: 06/16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Adult Workout 5a-8a	Adult Workout 5a-8a	Adult Workout 5a-8a	Adult Workout 5a-8a	Adult Workout 5a-8a	Adult Workout 7a-9p	
All Workout 8a-9a	All Workout 8a-9a	All Workout 8a-9a	All Workout 8a-9a	All Workout 8a-9a	All Workout 9a-10a	
Water Fitness 9a-10a	Water Fitness 9a-10a	Water Fitness 9a-10a	Water Fitness 9a-10a	Water Fitness 9a-10a	All Workout/ Family Swim 10a-3p	
Water Walking 10a-11a	Water Walking 10a-11a	Water Walking 10a-11a	Water Walking 10a-11a	Water Walking 10a-11a	All Workout 3p-6p	
Joints in Motion 11a-12p	Tri-Aqua 11a-12p	Joints in Motion 11a-12p	Tri-Aqua 11a-12p	Tri-Aqua 11a-12p	Adult Workout 6p-8p	
Therapy 12p-2p	All Workout/ Swim Lessons 12p-7p	Therapy 12p-2p	All Workout/ Swim Lessons 12p-7p	Therapy 12p-2p	Sunday	
All Workout/ Swim Lessons 2p-5:30p		All Workout/ Swim Lessons 2p-5:30p		All Workout/ Swim Lessons 2p-5:30p	Adult Workout 9a-10a	
Family Swim/ Swim Lessons 5:30p-8:30p		All Workout/ Swim Lessons 2p-5:30p		All Workout/ Swim Lessons 2p-5:30p	All Workout/ Swim Lessons 2p-5:30p	All Workout/ Family Swim 10a-3p
		Therapy 7p-8:30p		Family Swim/ Swim Lessons 5:30p-8:30p	Family Swim/ Swim Lessons 5:30p-8:30p	All Workout 3p-5p
Adult Workout 8:30p-11p	Therapy 7p-8:30p	Family Swim/ Swim Lessons 5:30p-8:30p	Therapy 7p-8:30p	Family Swim/ Swim Lessons 5:30p-8:30p	Water Fitness 5p-6p	
Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	All Workout 6p-8:30p	
Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-11p	Adult Workout 8:30p-9p	

All classes are included in your membership. Join anytime!

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

All Workout: Members age 8 and older may walk/swim laps or do therapy exercise. An adult must accompany children ages 8-14 years. Under 8 not permitted at this time unless in lessons. Swim lessons for all ages may also be scheduled during this time.

Family Swim: Recreational swim for parents and their kids. Under 14 years must be with an adult.

Therapy: Therapy exercises, walking, slow lap swimming, and stretching only.

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

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

Tri Aqua: A slow moving class incorporating elements of Pilates, Kick Boxing, Tai Chi, and Yoga. The class brings awareness to the breath and balance while moving through postures.

Joints in Motion: This class is designed for people who suffer from arthritis and other joint issues. It includes walking and stretching and various other non-impact movements.

BIG POOL SCHEDULE



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Workout 5a-6:15a	All Workout 5a-8:30a	Adult Workout 5a-6:15a	All Workout 5a-8:30a	Adult Workout 5a-6:15a	Adult Workout 7a-8:30a
Hydro-Fit 6:15a-7:15a		Hydro-Fit 6:15a-7:15a		Hydro-Fit 6:15a-7:15a	Hydro-Fit 8:30a-9:30a
All Workout 7:15a-8:30a		All Workout 7:15a-8:30a		All Workout 7:15a-8:30a	Adult Workout 9:30a-10:30a
Hydro-Fit 8:30a-9:30a	Hydro-Fit 8:30a-9:30a	Hydro-Fit 8:30a-9:30a	Hydro-Fit 8:30a-9:30a	Hydro-Fit 8:30a-9:30a	All Workout 10:30a-8p
Water Running 10a-11a	Water Running 10a-11a	Water Running 10a-11a	Water Running 10a-11a	Water Running 10a-11a	Sunday Adult Workout 9a-12p
Adult Workout 11a-12p	Aqua Zumba 11a-12p	Adult Workout 11a-12p	Aqua Zumba 11a-12p	Adult Workout 11a-12p	All Workout 12p-9p
KSW 12-12:45p	All Workout 12p-9p	KSW 12-12:45p	All Workout 12p-9p	KSW 12-12:45p	
All Workout 12p-9p		All Workout 12p-9p		All Workout 12p-9p	
Adult Workout 9p-11p	Adult Workout 9p-11p	Adult Workout 9p-11p	Adult Workout 9p-11p	Adult Workout 9p-11p	

All classes are included in your membership. Join anytime!

Hydro Fit: Deep water exercise class, aerobic.

Deep Water Running: Interval-style aerobic workout.

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

Kids Swim Workout (KSW): FREE class for kids on a membership. The instructor will lead kids through a fun workout. No registration required. Must be able to swim at least one lap.

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 ages 8-14 years must be with an adult.

Swim Lessons: Private, Semi-Private, and Group lessons for all ages and skill levels.