

POOL LENGTH: 20 METERS = 65.60 FEET OR 21.86 YARDS

AQUATIC SCHEDULE



= Low – Moderate Intensity



= Specialty – Additional Cost



= Moderate – High Intensity



=Independent Exercise/Swimming



=As above & no divider line in pool

***POOL USE DURING THE FOLLOWING CLASSES WILL BE LIMITED TO CLASS ATTENDEES ONLY

AQUATIC HOURS: Monday – Friday: 6:00am – 8:00pm

Saturday 9:00am – 4:00pm

Mon	Tues	Wed	Thurs	Fri	Sat	
OPEN 6:00AM OPEN POOL	OPEN 6:00AM OPEN POOL	OPEN POOL 6:00AM	OPEN 6:00AM OPEN POOL	OPEN POOL 6:00AM	CLOSED	
Hi Intensity*** 8:00-8:50		Hi Intensity*** 8:00-8:50		Volley Ball 8:00-8:50	CLOSED	
OPEN POOL		OPEN POOL		OPEN POOL	OPEN POOL	OPEN POOL 9:00am
Makin' Waves*** 9:30-10:20	Aqua Tone*** 9:00-9:50	Makin' Waves*** 9:30-10:20	Aqua Tone*** 9:00-9:50	Makin' Waves*** 9:30-10:20		
OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL		
Aqua Arthritis*** 11:00-11:50	Joints in Motion 11:00-11:50	Aqua Arthritis*** 11:00-11:50	Joints in Motion 11:00-11:50	Aqua Arthritis*** 11:00-11:50	OPEN POOL 12:00 – 4:00	
OPEN POOL	OPEN POOL 11:50 – 2:30	OPEN POOL	OPEN POOL	OPEN POOL		
Healthy Hinges 1:15-2:05		Healthy Hinges 1:15-2:05				Easter Seals*** 2:30-3:30
OPEN POOL	OPEN POOL	Aqua Fusion 3:00-3:50	OPEN POOL	Easter Seals*** 4:00-5:00		CLOSE 4:00PM
OPEN POOL		OPEN POOL		OPEN POOL	OPEN POOL	CLOSED
H2O Fitness 5:15-6:05		H2O Fitness 5:15-6:05		H2O Fitness 5:15-6:05		
OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	CLOSED	
CLOSED 8:00PM	CLOSED 8:00PM	CLOSED 8:00PM	CLOSED 8:00PM	CLOSED 8:00PM	CLOSED	