

**POOL SCHEDULE: July 2018** (Updated 7/5/18)

**Lap Swimming Availability**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6am (4) 6am-7:10am (2) 7:10am-8:45am (4) 8:45am-9:45am (3) 9:45am-11:15am (1) 11:15am-3:30pm (3) 3:30pm-4:30pm (2) 4:30pm-8pm (1) 8pm-9pm (2) 9pm-9:30pm (3)	5:30am-8:45am (4) 8:45am-9:45am (3) 9:45am-11:15am (1) 11:15am-1:15pm (2) 1:15pm-3:20pm (3) 3:20pm-4:30pm (2) 4:30pm-7:30pm (1) 7:30pm-8:30pm (2) 8:30pm-9:30pm (3)	5:30am-6am (4) 6am-7:10am (2) 7:10am-8:45am (4) 8:45am-9:45am (3) 9:45am-11:15am (1) 11:15am-1:15pm (2) 1:15pm-3:30pm (3) 3:30pm – 4:30pm (2) 4:30pm-6:10pm (1) 6:10pm-6:40pm (2) 6:40pm-7:50pm (1) 7:50pm-9pm (2) 9pm-9:30pm (3)	5:30am-8:45am (4) 8:45am-9:45am (3) 9:45am-11:15am (1) 11:15am-1:15pm (2) 1:15pm-3:20pm (3) 3:20pm-4:30pm (2) 4:30pm-7:30pm (1) 7:30pm-8:10pm (2) 8:10pm-9:30pm (3)	5:30am-7:10am (2) 7:10am-8:50am (4) 8:50am-10:40am (3) 10:40am-12:20pm (1) 12:20pm-3:45pm (3) 3:45pm-6:20pm (2) 6:20pm-7:40pm (1) 7:40pm-9:30pm (3)	7am-8:20am (3) 8:20am-9am (2) 9am-12:15pm (1) 12:15pm-2:30pm (2) 2:30pm-6:30pm (3)	8am-9:30am (2) 9:30am-5:30pm (3)
<b>SPA CLOSSES at 8:30PM</b>	<b>SPA OPENS at 9am</b>					

**Open Swim / Water Walking Availability - Water Walking times are intended for EXERCISE ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open Swim in am:</u> 7:30am – 9am	<u>Open swim:</u> 1pm-6:30pm	<u>Open swim:</u> 12:15pm-5:30pm
<b>10am-11:15am</b> <b>Water Walking</b>	<b>10am-11:15am</b> <b>Water Walking</b>	<b>10am-11:15am</b> <b>Water Walking</b>	<b>10am-11:15am</b> <b>Water Walking</b>	<b>10am-11:15am</b> <b>Water Walking</b>	<i>In Small Pool</i> 1pm – 6pm	<i>In Small Pool</i> 1pm – 5pm
<u>Open swim in pm:</u> 12:30pm – 4:15pm & 7-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm & 7-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm & 7-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:15pm & 7-9:30pm	<u>Open swim in pm:</u> 12:30pm – 9:30pm	Unless Birthday Party Lap Pool all other times	Unless Birthday Party Lap Pool all other times
<i>In Small Pool –</i> 3-4:15pm & 7-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:15pm & 7-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:15pm & 7-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:15pm & 7-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-8:45pm Lap Pool all other times		
<b>SPA CLOSSES at 8:30PM</b>	<b>SPA OPENS at 9am</b>					

**Using our lap lanes**

Our Aquatic Center houses a six-lane, 25yd swimming pool, and a smaller training pool, both used for a variety of activities, including aerobic exercise classes, swim lessons, scuba classes, swim team practices, open swim and lap swimming. Designated open swim spaces can be used for any activity. Many times lap swimmers are fortunate enough to have a lane to themselves but should you encounter a busier time, the following guidelines should be used:

1. If there is one person in each of the lanes available for lap swim, you may have to share a lane. Try to choose a lane where the swimmer(s) is of similar ability.
2. If there are more than 2 swimmers using the lane, then “Circle Swimming” will be required - each swimmer would then swim in a counter-clockwise direction (i.e. swim down on the right side of the lane and back on the left).
3. Also when sharing a lane, remember to move to the side of the lane while resting so you are not blocking the wall.
4. Children are allowed to use the lap lanes only if they are *swimming* laps.
5. You may use the open swim area to swim laps but remember this area is open to all.
6. There are no time limits for lap lane use, however, we ask that you be considerate to those wishing to share a lane.

**PLEASE SEE REVERSE SIDE FOR POOL PROGRAMS/WATER EXERCISE CLASSES!**

**POOL SCHEDULE: July 2018** (Updated 7/5/18)  
**POOL PROGRAMS/WATER EXERCISE CLASSES**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
6am-7am Masters Swimming		6am-7am Masters Swimming		5:30am-7am Masters Swimming	7:15am-8:15am Masters Swimming	8am-9:30am Fox Swimming
<b>8am-9am Arthritis Plus (Amy M)</b>	<b>8am-9am Senior H2O (Amy M)</b>	<b>8am-9am Arthritis Plus (Jody)</b>	<b>8am-9am Arthritis Plus (Amy M)</b>	<b>8am-9am Arthritis Plus (Vicki)</b>	8:30am-10am & 12:30pm-3:30pm Fox Swimming	<b>9:30am-10:30am Aqua Zumba (Michelle)</b>
<b>9am-10am Pumping H2O (Amy M)</b>	<b>9am-9:45am Pumping H<sub>2</sub>O (Maura)</b>	<b>9am-10am Deep H<sub>2</sub>O (Amy M)</b>	<b>9am-9:45am Aqua Zumba (Michelle)</b>	<b>9am-10am Core &amp; More (Christine)</b>	8:30am-12:15pm Group Swim Lessons	10am-11am Back to Basics (Kathy)
9:10am-12:30pm Group Swim Lessons	9:10am-12:30pm Group Swim Lessons	9:10am-12:30pm Group Swim Lessons	9:10am-12:30pm Group Swim Lessons	3:30pm-8:45pm Fox Swimming	<b>10:15am-11:15am Pumping H<sub>2</sub>O (Karen)</b>	10:30am-12:30pm MarTar Swim
<b>12:30pm-1:15pm Splash -n- Dash (Donna)</b>	<b>12:30pm-1:15pm Deep H<sub>2</sub>O (Christine)</b>	<b>12:30pm-1:15pm Splash -n- Dash (Donna)</b>	<b>12:30pm-1:15pm Deep H<sub>2</sub>O (Charlotte)</b>	<b>6:30pm-7:30pm Deep H<sub>2</sub>O (Karen/Wendy)</b>	10:30am-12:30pm MarTar Swim	11am-12pm Beginning Swimming for Adults (Kathy)
3:30pm-8:45pm Fox Swimming	3:30pm-9pm Fox Swimming	3:30pm-8:45pm Fox Swimming	3:30pm-9pm Fox Swimming			
4:20pm-7pm Group Swim Lessons	4:20pm-7pm Group Swim Lessons	4:20pm-7pm Group Swim Lessons	4:20pm-7pm Group Swim Lessons			
<b>6:15pm-7pm Aqua Boot Camp (Amy B)</b>	7:30pm-8:30pm Masters Swimming	<b>6:45pm-7:45pm Deep H<sub>2</sub>O (Wendy)</b>	<b>7:15pm-8pm Deep Water Running &amp; Core (Amy B/Amy M)</b>		<b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!</b>	<b>See reverse side for Lap Swim, Open Swim, Water Walking Availability &amp; SPA Closings!</b>
<b>7:15pm-8pm Deep H<sub>2</sub>O (Wendy)</b>						

**AQUATIC CLASS DESCRIPTIONS:**

**ARTHRITIS PLUS** – *All Levels* – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout.

**AQUA BOOT CAMP** – *All levels* – A non-weight bearing exercise class that combines cardiovascular strength, abdominal, and aerobic training. You're sure to improve your cardiovascular conditioning as well as muscular strength and endurance while having fun in the pool.

**AQUA ZUMBA** – *All levels* – Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.

**DEEP H<sub>2</sub>O** – *All Levels* – Easy to follow, fun, safe and effective deep water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.

**DEEP WATER RUNNING AND CORE** – is a no-impact & high intensity program, which emphasizes cardiovascular strength, endurance, flexibility, range of motion and core strength. Participants will use floatation belts (provided at class) and no swimming skills are necessary. This program will be beneficial to runners, tri-athletes, and other active exercisers who are looking for a challenging workout to complement their land based training, or who are coming back from a layoff and are looking for a vigorous, no impact alternative.

**PUMPING H<sub>2</sub>O** – *All Levels* – A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

**SENIOR H<sub>2</sub>O** – *Beginner to Intermediate* – Class formulated just for those 60 and older. Free to members or \$5 for nonmember seniors.

**SPLASH & DASH** – *Beginner to Intermediate* – Take a stroll or a brisk walk (and much more) in the water and enjoy the company of friends. Classes are held in the training pool.