

**POOL SCHEDULE – June 2017** (Updated 6/7/17)

**Lap Swimming Availability**

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<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> 12:15pm – 6:30pm	<u>Open swim:</u> 11:30am – 5:30pm
<b>10am-11am Water Walking</b>	<b>10am-11am Water Walking</b>	<b>10am-10:45am Water Walking</b>	<b>10am-11am Water Walking</b>	<b>10am-10:45am Water Walking</b>		
<u>Open swim in pm:</u> 11:30am – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:30pm – 4:50pm 7:15pm-9:30pm	<u>Open swim in pm:</u> 12:15pm – 9:30pm		
<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3-4:50pm & 7:15-9pm Lap Pool all other times	<i>In Small Pool –</i> 3pm – 9pm Lap Pool all other times	<i>In Small Pool –</i> 1:30-6:15pm Unless Birthday Party Lap Pool all other times	<i>In Small Pool –</i> 1:30-5:15pm Unless Birthday Party Lap Pool all other times
<b>SPA CLOSSES at 8:30PM</b>	<b>SPA OPENS at 9:30AM</b>					

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 basic guidelines are posted above the water fountain on the pool deck. Following is a short list of those guidelines:

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
3. 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 – June 2017** (Updated 6/7/17)  
**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	<b>8am-9am</b> <b>Senior H2O</b> (Amy M)	6am-7am Masters Swimming	<b>8am-9am</b> <b>Arthritis Plus</b> (Amy M)	5:30am-7am Masters Swimming	7:15am-8:15am Masters Swimming	8am-9:30am Fox Swimming
<b>8am-9am</b> <b>Arthritis Plus</b> (Amy M)	<b>9am-9:45am</b> <b>Aqua Zumba</b> (Heather)	<b>8am-9am</b> <b>Arthritis Plus</b> (Jody)	<b>9am-9:45am</b> <b>Aqua Zumba</b> (Michelle)	<b>8am-9am</b> <b>Arthritis Plus</b> (Vicki)	8:15am-9am Beginning Swimming for Adults	<b>9:30am-10:30am</b> <b>Aqua Zumba</b> (Michelle)
<b>9am-10am</b> <b>Pumping H2O</b> (Amy M)	9:40am-10:50am Group Swim Lessons	<b>9am-10am</b> <b>Pumping H2O</b> (Amy M)	9:40am-10:50am Group Swim Lessons	<b>9am-10am</b> <b>Core &amp; More</b> (Elizabeth)	8:30am-10am Fox Swimming	11am-12pm Back to Basics Swimming for Adults
9:20am-11:10am Group Swim Lessons	11:30am-12:30pm Back to Basics Swimming for Adults	9:20am-11:10am Group Swim Lessons	11:30am-12:30pm Back to Basics Swimming for Adults	10:45am-12:15pm Home School Swim	9am-12:10pm Group Swim Lessons	10:30am- 1:30pm MarTar Swimming
<b>12:15pm-1pm</b> <b>Splash N Dash</b> (Donna)	<b>12:30pm-1:30pm</b> <b>Deep H2O</b> (Elizabeth)	10:45am-12:15pm Home School Swim	<b>12:30pm-1:30pm</b> <b>Deep H2O</b> (Charlotte)	12:15pm-12:45pm Beginning Swimming for Adults	9:30am-1:30pm MarTar Swimming	3:30pm-5:30pm Swim Clinics
4pm-9:15pm Fox Swimming	3:15pm-9pm Fox Swimming	10:30am-11:30am Masters Swimming	3:15pm-9:15pm Fox Swimming	4pm-9pm Fox Swimming	<b>10:15am – 11:15am</b> <b>Pumping H2O</b> (Karen)	
4:45pm-5:30pm Junior Team	5pm-7:10pm Group Swim Lessons	<b>12:15pm-1pm</b> <b>Splash N Dash</b> (Donna)	5pm-7:10pm Group Swim Lessons	<b>6:30pm-7:30pm</b> <b>Deep H2O</b> (Karen/Wendy)		
5pm-7:10pm Group Swim Lessons	7:30pm-8:30pm Masters Swimming	4pm-9:15pm Fox Swimming	<b>7:15pm-8pm</b> <b>Deep Water Running</b> & <b>Core</b> (Amy B/Amy M)		<b>SCHEDULE</b> <b>SUBJECT TO</b> <b>CHANGE</b> <b>WITHOUT</b> <b>NOTIFICATION!</b>	<b>PLEASE SEE</b> <b>REVERSE SIDE</b> <b>for Lap Swim, Open</b> <b>Swim, Water</b> <b>Walking Availability</b> <b>&amp;</b> <b>SPA Closings!</b>
<b>6:15pm-7pm</b> <b>Aqua Boot Camp</b> (Amy B)		4:45pm-5:30pm Junior Team				
<b>7:15pm-8pm</b> <b>Deep H2O</b> (Wendy)		5pm-7:10pm Group Swim Lessons				
		<b>6:45pm-7:45pm</b> <b>Deep H2O</b> (Wendy)				

**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 H2O** – *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 H2O** – *All Levels* – A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

**SENIOR H2O** – *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.