



LARGE POOL SCHEDULE

June - August 2019

The pool closes 30 minutes before the facility closes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4:45-7:00 AM	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	SATURDAY 7:00 AM-3:30 PM Lap Swim (4 Lanes) Rec Swim
7:00-7:45 AM	Cardio & Strength Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	Cardio & Strength Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	Cardio & Strength Lap Swim (1 Lane)	
7:45-9:00 AM	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	
9:15-9:30 AM	Water Walking Lap Swim (4 Lanes)	Water Walking Lap Swim (4 Lanes)	Water Walking Lap Swim (4 Lanes)	Water Walking Lap Swim (4 Lanes)	Water Walking Lap Swim (4 Lanes)	
9:30-10:15 AM	Cardio & Strength Lap Swim (1 Lane)	Tabata Lap Swim (2 Lanes)	Bootcamp Lap Swim (1 Lane)	Deep Water Lap Swim (2 Lanes)	Cardio & Strength Lap Swim (1 Lane)	SUNDAY 12:00-3:30 PM Lap Swim (4 Lanes) Rec Swim Aqua Zumba (12:15-1:15)
10:30-11:15 AM	Water Arthritis Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	Water Arthritis Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	Water Arthritis Lap Swim (1 Lane)	
11:15AM-5:30 PM	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	
5:30-7:30 PM	Water Aerobics (6-6:45 In Lane 6) Rec Swim	Lap Swim Rec Swim	Water Aerobics (6-6:45 In Lane 6) Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	
7:30-8:30 PM	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim	

SMALL POOL

The small pool will be open for free swim on Sunday's from Noon - 3:30

Swim Lessons (Lanes 5-6)

- Session 1 | June 10-21 (M-Th | 9-11am & 5:30-7:30pm)
- Session 2 | July 8-19 (M-Th | 9-11am & 5:30-7:30pm)
- Session 3 | July 29 - Aug. 9 (M-Th | 9-11am & 5:30-7:30pm)

Facility Closures

Thursday, July 4th | 4th of July

Summer Swim Team (Lanes 1-3)

Swim team will start up again May 15th - July 31st
*Swim Team | M, T, Th, F 6:30 - 8:30

*Rec Swim = lanes 5 & 6 are open for other activities (water weights, exercises, etc.)