

# AQUATICS SCHEDULE

Revised 1/4/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LAP POOL	<b>5:00-9:15 AM</b>	<b>5:00-9:15 AM</b>	<b>5:00-9:15 AM</b>	<b>5:00-9:15 AM</b>	<b>5:00-9:15 AM</b>	<b>7:00 AM - 3:30 PM</b>	<b>12:00-3:30PM</b>	
	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	
	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	
	<b>Cardio &amp; Strength</b>	<b>Tabata</b>	<b>Boot Camp</b>	<b>Deep Water</b>	<b>Cardio &amp; Strength</b>			
	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda	9:15-10:00 AM (1-3) Lynda			
	<b>Cardio &amp; Strength</b>		<b>Water Arthritis</b>				<b>Aqua Zumba</b>	
	6:00-6:45 PM (1-3) Kristin		10:15-11:15 AM (1-3) Deb				2:00-3:00 PM (1-3) Brenda	
	<b>10:00 AM - 1:30 PM</b>	<b>10:00 AM - 1:30 PM</b>	<b>10:15 AM - 1:30 PM</b>	<b>10:00 AM - 1:30 PM</b>	<b>10:00 AM - 1:30 PM</b>			
	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)			
	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)			
	<b>POOL CLOSED: 1:30-3:30 PM</b>							
	<b>3:30 - 5:00 PM</b>	<b>3:30 - 5:00 PM</b>	<b>3:30 - 5:00 PM</b>	<b>3:30 - 5:00 PM</b>	<b>3:30 - 5:00 PM</b>	<b>3:30 - 5:00 PM</b>		
	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)	Lap Swim (Lanes 1-5)		
	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)	Recreational Swimming (Lane 6)		
	<b>Pirates Practice &amp; Open Lap Swim</b>	<b>Pirates Practice &amp; Open Lap Swim</b>	<b>Pirates Practice &amp; Open Lap Swim</b>	<b>Pirates Practice &amp; Open Lap Swim</b>	<b>Pirates Practice &amp; Open Lap Swim</b>	<b>Pirates Practice &amp; Open Lap Swim</b>		
	Lanes 1-4: Pirates 5:00-8:30pm	Lanes 1-4: Pirates 5:00-8:30pm	Lanes 1-4: Pirates 5:00-8:30pm	Lanes 1-4: Pirates 5:00-8:30pm	Lanes 1-4: Pirates 5:00-8:30pm	Lanes 1-4: Pirates 5:00-8:30pm		
	Lane 5: Lap Swim	Lane 5: Lap Swim	Lane 5: Lap Swim	Lane 5: Lap Swim	Lane 5: Lap Swim	Lane 5: Lap Swim		
	Lane 6: Rec Swim 5:00-7:30	Lane 6: Rec Swim 5:00-7:30	Lane 6: Rec Swim 5:00-7:30	Lane 6: Rec Swim 5:00-7:30	Lane 6: Rec Swim 5:00-7:30	Lane 6: Rec Swim 5:00-6:30		
	<b>POOL CLOSURES @ 7:30 PM</b>	<b>POOL CLOSURES @ 7:30 PM</b>	<b>POOL CLOSURES @ 7:30 PM</b>	<b>POOL CLOSURES @ 7:30 PM</b>	<b>POOL CLOSURES @ 6:30 PM</b>	<b>POOL CLOSURES @ 3:30 PM</b>	<b>POOL CLOSURES @ 3:30 PM</b>	

**Program Schedules:**  
Swim Team | October 12th – March 31st

**Notes:**

- 2 people swimming per lane & 2 people in the spa at a time.
- Lane 6 is always open for rec swim – water walking, water weights, families, etc.
- Lane 5 can be used for rec swim if lane 6 is full. If lane 6 opens up and there are people waiting to swim laps, please move over.
- The spa is open when the pool is open. You can use the spa when there are water classes going on.
- 1 lane open during water aerobic classes in the morning