



FITNESS POOL SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM - 7:00 AM	CLOSED						Independent Aqua Exercise 6:00 AM - 12:00 PM	
7:00 AM - 8:00 AM								
8:00 AM - 9:00 AM		AQUA FIT		AQUA FIT		AQUA FIT		
9:00 AM - 10:00 AM								
10:00 AM - 11:00 AM		AQUA MOTION		AQUA MOTION		AQUA MOTION		
11:00 AM - 12:00 PM		Independent Aqua Exercise 11:00 AM - 5:30 PM						CLOSED
12:00 PM - 1:00 PM								
1:00 PM - 2:00 PM								
2:00 PM - 3:00 PM								
3:00 PM - 4:00 PM								
4:00 PM - 5:00 PM								
5:00 PM - 6:00 PM		AQUA CHARGED 5:30 - 6:30 PM		AQUA CHARGED 5:30 - 6:30 PM				
6:00 PM - 7:00 PM								
7:00 PM - 8:00 PM								

Aquatic Programming: Water Aerobics Classes, Swim Lessons, Swim Club, Water Wellness Programming.

*At least two lanes are available for Lap Swim during any Aquatic Programming

Independent Aqua Exercise: Open for Lap Swimming, Water Walking, Free Swim and Individual Water Aerobics anytime Aquatic Programming is not schedule.

*Pool closing announced 30 minutes prior to closing. All swimmers must be out of the water 15 minutes prior to close.

*Pool hours and activities may be occasionally impacted by special events.



FAMILY FUN POOL SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 PM - 1:00 PM	Family Recreational Swim 12:00 PM - 6:00 PM	CLOSED					Family Recreational Swim 12:00 PM - 6:00 PM
1:00 PM - 2:00 PM							
2:00 PM - 3:00 PM							
3:00 PM - 4:00 PM		Family Recreational Swim 4:00 PM - 8:00 PM					
4:00 PM - 5:00 PM							
5:00 PM - 6:00 PM							
6:00 PM - 7:00 PM	CLOSED						CLOSED
7:00 PM - 8:00 PM							

Family Recreational Swim: Water Features turned on, open to all families

*Pool closing announced 30 minutes prior to closing. All swimmers must be out of the water 15 minutes prior to close.

*Pool hours and activities may be occasionally impacted by special events.

Aquatic Programs:

Aqua Charged: Looking for a challenging and dynamic water workout? Aqua Charged is a shallow water workout that focuses on endurance and muscular strength while training different energy systems and improving balance and flexibility. This class is great for people looking for an intense and fun workout with less impact on the joints.

Aqua Fit: Get ready, get set, get wet! This mid-intensity class combines cardio, strength, flexibility and balance work into one great class.

Aqua Motion: Shallow water moves are used to improve agility, flexibility and cardiovascular endurance. Strength, balance and coordination will be challenged in this beginner water aerobics class.