



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			
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 Lap Swimming, Water Walking, Free Swim and Individual Water Aerobics anytime Aquatic Programming is not scheduled. 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								
4:00 PM - 5:00 PM								
5:00 PM - 6:00 PM	CLOSED	Family Recreational Swim 5:00 PM - 8:00 PM						CLOSED
6:00 PM - 7:00 PM								
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.