

# Fitness Pool

April 15th - April 21st

|          | Monday             | Tuesday             | Wednesday          | Thursday          | Friday                 | Saturday            | Sunday            |
|----------|--------------------|---------------------|--------------------|-------------------|------------------------|---------------------|-------------------|
| 5:30 AM  | CSW                |                     | CSW                |                   |                        |                     |                   |
| 6:00 AM  | 5:45-7am (3 Lns)   |                     | 5:45-7am (3 Lns)   |                   |                        |                     |                   |
| 7:00 AM  |                    |                     |                    |                   |                        |                     |                   |
| 7:30 AM  |                    |                     |                    |                   |                        | CSW                 |                   |
| 8:00 AM  |                    |                     |                    |                   |                        | 7:30-9:00 am        |                   |
| 8:30 AM  |                    |                     |                    |                   |                        | (3 lanes)           |                   |
| 9:00 AM  |                    |                     |                    |                   |                        | Tabata 9:00 - 10:00 |                   |
| 9:30 AM  |                    |                     |                    |                   |                        | Bridget (3 Lns)     |                   |
| 10:00 AM | DW 10:00-11:00 am  | Fit Mix 10:00-11:00 |                    | DW 10:00-11:00 am | Fit Mix 10:00-11:00 am |                     |                   |
| 10:30 AM | Donita (2-3 Lns)   | am Katie (2-3 Lns)  |                    | Donita (2-3 Lns)  | Bridget (2-3 Lns)      | Stroke Develop.     |                   |
| 11:00 AM |                    |                     |                    |                   |                        | 10:15-10:55 (1 Ln)  |                   |
| 11:30 AM |                    |                     |                    |                   |                        |                     |                   |
| 12:00 PM | LAP SWIM           | LAP SWIM            |                    | LAP SWIM          | LAP SWIM               | LAP SWIM            | LAP SWIM          |
| 12:30 PM |                    |                     |                    |                   |                        |                     |                   |
| 1:00 PM  | 7 LANES            | 7 LANES             | Homeschool         | 7 LANES           | 7 LANES                | 7 LANES             | 7 LANES           |
| 1:30 PM  |                    |                     | 1:00-2:00          |                   |                        |                     |                   |
| 2:00 PM  |                    |                     |                    |                   |                        |                     |                   |
| 2:30 PM  |                    |                     |                    |                   |                        |                     |                   |
| 3:00 PM  |                    |                     |                    |                   |                        |                     | Closed for Easter |
| 3:30 PM  |                    |                     |                    |                   |                        |                     |                   |
| 4:00 PM  |                    |                     |                    |                   |                        |                     |                   |
| 4:30 PM  |                    |                     |                    |                   |                        |                     |                   |
| 5:00 PM  |                    |                     |                    |                   |                        |                     |                   |
| 5:30 PM  |                    | Stroke Develop.     |                    | Stroke Develop.   |                        |                     |                   |
| 6:00 PM  | Tabata 6:00 - 7:00 | 6:15 - 6:55         | Tabata 6:00 - 7:00 | 6:15 - 6:55       |                        |                     |                   |
| 6:30 PM  | Katie (3 Lns)      | (1 Lane)            | Cathy              | (1 Lane)          |                        |                     |                   |
| 7:00 PM  | DW Tabata 7-8:00   | Swim Team           |                    | Swim Team         |                        |                     |                   |
| 7:30 PM  | Bridget (2 Lns)    | 5:30 - 8:15         |                    | 5:30 - 8:15       |                        |                     |                   |
| 8:00 PM  |                    | (4 Lanes)           |                    | (4 Lanes)         |                        |                     |                   |
| 8:30 PM  |                    |                     |                    |                   |                        |                     |                   |
| 9:00 PM  |                    |                     |                    |                   |                        |                     |                   |
| 9:30 PM  |                    |                     |                    |                   |                        |                     |                   |

Schedules may vary weekly and are subject to change.

\*As lanes move toward the windows they become progressively deeper.

Lanes are always available when the fitness pool is open

Limited number of lanes are available for use during classes. Members are encouraged to circle swim during these busy times.

# Family/Therapy Pool

## April 15th - April 21st

|          | Monday                       | Tuesday                  | Wednesday                      | Thursday                | Friday                     | Saturday                                     | Sunday                   |
|----------|------------------------------|--------------------------|--------------------------------|-------------------------|----------------------------|--|--------------------------|
| 5:30 AM  |                              |                          |                                |                         |                            |  |                          |
| 6:00 AM  | <b>OPEN</b>                  | <b>OPEN</b>              | <b>OPEN</b>                    | <b>OPEN</b>             | <b>OPEN</b>                |  |                          |
| 7:00 AM  | <b>SWIM</b>                  | <b>SWIM</b>              | <b>SWIM</b>                    | <b>SWIM</b>             | <b>SWIM</b>                |  |                          |
| 7:30 AM  |                              |                          |                                |                         |                            |  |                          |
| 8:00 AM  | <b>Senior Splash</b>         |                          |                                |                         |                            |  |                          |
| 8:30 AM  | <b>8:00 - 9:00 Cleva</b>     |                          |                                |                         |                            |  |                          |
| 9:00 AM  | <b>Aquacise</b>              | <b>Arthritis</b>         | <b>Senior Splash</b>           | <b>Arthritis</b>        | <b>Senior Splash</b>       |  |                          |
| 9:30 AM  | <b>9:00 - 10:00 Carol</b>    | <b>9:00-10:00 Jackie</b> | <b>9:00-10:00 Cleva</b>        | <b>9:00-10:00 Byron</b> | <b>9:00-10:00 Cleva</b>    | <b>Group Swim Lessons</b><br>9:30 - 10:55    |                          |
| 10:00 AM |                              |                          |                                |                         |                            |  |                          |
| 10:30 AM |                              |                          | <b>G.I.S.D.</b><br>10:30-11:30 |                         |                            |  |                          |
| 11:00 AM |                              |                          |                                |                         | <b>Yoga/Pilates</b>        | <b>20 min private lessons</b><br>11:10-12:10 |                          |
| 11:30 AM | <b>Arthritis</b>             |                          |                                |                         | <b>11:00 - 12:00 Carol</b> |  |                          |
| 12:00 PM | <b>11:30-12:30 Katie</b>     |                          | <b>Arthritis</b>               | <b>Arthritis</b>        | <b>Arthritis</b>           | <b>Arthritis</b><br>12:30-1:30 Debbie        |                          |
| 12:30 PM |                              |                          | <b>12:00-1:00 Donita</b>       | <b>12:00-1:00 Mary</b>  | <b>12:00-1:00 Debbie</b>   |  |                          |
| 1:00 PM  |                              | <b>Aquacise Carol</b>    | <b>Homeschool</b>              | <b>Aquacise</b>         |                            |  |                          |
| 1:30 PM  |                              | <b>1:00-2:00</b>         | <b>1:00-2:00</b>               | <b>1:00-2:00 Carol</b>  |                            |  |                          |
| 2:00 PM  |                              |                          |                                |                         |                            |  |                          |
| 2:30 PM  |                              |                          |                                |                         |                            |  |                          |
| 3:00 PM  |                              |                          |                                |                         |                            |  | <b>Closed for Easter</b> |
| 3:30 PM  |                              |                          |                                |                         |                            |  |                          |
| 4:00 PM  |                              | <b>OPEN</b>              | <b>OPEN</b>                    | <b>OPEN</b>             |                            |  |                          |
| 4:30 PM  |                              | <b>SWIM</b>              | <b>SWIM</b>                    | <b>SWIM</b>             |                            |  |                          |
| 5:00 PM  | <b>Arthritis</b>             |                          | <b>Arthritis</b>               |                         |                            |  |                          |
| 5:30 PM  | <b>5:00 - 6:00 pm Debbie</b> | <b>Group Swim</b>        | <b>5:00-6:00 Byron</b>         | <b>Group Swim</b>       |                            | <b>OPEN</b>                                  |                          |
| 6:00 PM  |                              | <b>Lessons</b>           |                                | <b>Lessons</b>          |                            | <b>SWIM</b>                                  |                          |
| 6:30 PM  |                              | <b>5:30 - 6:55</b>       |                                | <b>5:30 - 6:55</b>      |                            |  |                          |
| 7:00 PM  |                              |                          |                                |                         |                            |  |                          |
| 7:30 PM  |                              |                          |                                |                         |                            |  |                          |
| 8:00 PM  |                              |                          |                                |                         |                            |  |                          |
| 8:30 PM  |                              |                          |                                |                         |                            |  |                          |
| 9:00 PM  |                              |                          |                                |                         |                            |  |                          |
| 9:30 PM  |                              |                          |                                |                         |                            |  |                          |

**OPEN SWIM POLICY:** Children 0-5 years **MUST BE ACCOMPANIED BY AN ADULT**. Children 6-12 years may be signed in by a member adult if the child has completed the swim test and has a completed family form and photo on file with Membership Services. **OPEN SWIM IS AVAILABLE WHENEVER THE POOL IS OPEN, UNLESS NOTED OTHERWISE**

All water aerobic classes are open to all ages and abilities. Members are encouraged to work at their own pace.