

# Fitness Pool

April 22nd - April 28th

|          | 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  |                    |                     |                    |                   |                     | Cathy (3 Lns)       |          |
| 10:00 AM | DW 10:00-11:00 am  | Fit Mix 10-11:00 am |                    | DW 10:00-11:00 am | Fit Mix 10-11:00 am |                     |          |
| 10:30 AM | Donita (2-3 Lns)   | Donita (2-3 Lns)    |                    | Katie (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  |                    |                     |                    |                   |                     |                     |          |
| 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 | 5:30 - 6:10       |                     |                     |          |
| 6:30 PM  | Bridget (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 22nd - April 28th

|          | 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 Debbie</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>         |  |                            |  |                            |
| 11:00 AM |                              |  | <b>10:30-11:30 am</b>   |  | <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 Mary</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 Katie</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>                          |                            |  | <b>Arthritis</b>           |
| 1:30 PM  |                              | <b>1:00-2:00</b>                         | <b>1:00-2:00</b>        | <b>1:00-2:00 Carol</b>                   |                            |  | <b>12:30-1:30 Mary</b>     |
| 2:00 PM  |                              |  |                         |  |                            |  |                            |
| 2:30 PM  |                              |  |                         |  |                            |  |                            |
| 3:00 PM  |                              |  |                         |  |                            |  |                            |
| 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 Lessons</b><br>5:30 - 6:55 | <b>5:00-6:00 Mary</b>   | <b>Group Swim Lessons</b><br>5:30 - 6:55 |                            | <b>OPEN</b><br><b>SWIM</b>                   | <b>OPEN</b><br><b>SWIM</b> |
| 6:00 PM  |                              |  |                         |  |                            |  |                            |
| 6:30 PM  |                              |  |                         |  |                            |  |                            |
| 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.**