

Fitness Pool

May 13th - May 19th

	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						WaterArt Instructor Training 9:00-5:00 pm Lap Lanes will be available	
9:30 AM							
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)	Katie (2-3 Lns)		Donita (2-3 Lns)	Katie (2-3 Lns)		
11:00 AM							
11:30 AM							
12:00 PM	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
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							
6:00 PM	Tabata 6:00 - 7:00		Tabata 6:00 - 7:00				
6:30 PM	Katie (3 Lns)		Cathy				
7:00 PM	DW Tabata 7-8:00						
7:30 PM	Bridget (2 Lns)						
8:00 PM							
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

May 13th - May 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN		
7:00 AM	SWIM	SWIM	SWIM	SWIM	SWIM		
7:30 AM							
8:00 AM	Senior Splash						
8:30 AM	8:00 - 9:00 Cleva						
9:00 AM	Aquacise	Arthritis	Senior Splash	Arthritis	Senior Splash	WaterArt Instructor Training 9:00-5:00 pm OPEN SWIM Area will be available	
9:30 AM	9:00 - 10:00 Carol	9:00-10:00 Jackie	9:00-10:00 Cleva	9:00-10:00 Byron	9:00-10:00 Cleva		
10:00 AM							
10:30 AM			G.I.S.D.				
11:00 AM			10:30-11:30 am		Yoga/Pilates		
11:30 AM	Arthritis				11:00 - 12:00 Carol		
12:00 PM	11:30-12:30 Noelle		Arthritis	Arthritis	Arthritis		
12:30 PM			12:00-1:00 Donita	12:00-1:00 Katie	12:00-1:00 Debbie		
1:00 PM		Aquacise Carol	Homeschool	Aquacise			Arthritis
1:30 PM		1:00-2:00	1:00-2:00	1:00-2:00 Carol			12:30-1:30 Byron
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		OPEN	OPEN	OPEN			
4:30 PM		SWIM	SWIM	SWIM			
5:00 PM	Arthritis		Arthritis				
5:30 PM	5:00 - 6:00 pm Debbie		5:00-6:00 Byron			OPEN	
6:00 PM						SWIM	
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.