

POOL ACTIVITIES

During HIGHLIGHTED TIMES, the pool is very busy.
Recreational swimming is only available during Open Swim.

1st Qtr2012
rev 1/11/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Non-Toilet Trained Children: The Health Department requires infants & children to wear a swim diaper. We must close the pool for 8 hours in the event of an accident.	
6:45 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00	Aerobics Lap Swim	Lap Swim	Aerobics Lap Swim	Lap Swim	Aerobics Lap Swim	Lap Swim Stingrays	Lap Swim
7:30	Aerobics Lap Swim	Lap Swim	Aerobics Lap Swim	Lap Swim	Aerobics Lap Swim	Lap Swim Stingrays	Lap Swim
8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Stingrays	Lap Swim
8:30	Lap Swim	AFAP Lap Swim	Lap Swim	AFAP Lap Swim	Lap Swim	Lap Swim Stingrays	Lap Swim
9:00	Lap Swim	AFAP Lap Swim	Lap Swim	AFAP Lap Swim	Lap Swim	Stingrays / Lessons Lap Swim	Lap Swim
9:30	Aerobics Lap Swim	Zumba Lap Swim	Aerobics Lap Swim	Aerobics Lap Swim	Aerobics Lap Swim	Aerobics Lap / Swim Lessons	Aerobics Lap / Swim
10:00	Aerobics Lap Swim	Zumba Lap Swim	Aerobics Lap Swim	Aerobics Lap Swim	Aerobics Lap Swim	Aerobics Lap / Swim Lessons	Aerobics Lap / Swim
10:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim	Swim Lessons Lap Swim	Lap Swim Open Swim
10:45		Arthritis (AFAP)		Arthritis (AFAP)			
11:00	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Lap Swim Open Swim
11:30	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Lap Swim Open Swim
12:00 PM	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	AFAP Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
12:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
1:00	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
1:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
2:00	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
2:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
3:00	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Stroke Clinic
3:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Lap Swim Stroke Clinic
4:00	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
4:30	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
5:00	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
5:30	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lessons/Stingrays Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
6:00	Stingrays Lap Swim	Stingrays Lap Swim	Stingrays Lap Swim	Lap Swim Stingrays	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
6:30	Zumba Lap Swim	Aerobics Lap Swim	Zumba Lap Swim	Aerobics Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
6:45pm	Zumba Lap Swim	Aerobics Lap Swim	Zumba Lap Swim	Aerobics Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Closed
7:30	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Open Swim	Lap Swim Open Swim	
7:45	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Open Swim	Pool Closed	
8:00	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Open Swim	Pool & Class Schedule Subject To Change Without Notice!	
8:30	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Stingrays	Lap Swim Open Swim		
9:00pm	Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Open Swim		
9:45pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		

Instructors are Certified and /or experienced.

Children are not permitted in the water aerobic area during classes!

Water Aerobics: All fitness levels welcome. Uses various equipment including belts, weights, steps & noodles.

Arthritis Foundation Aquatic Program (AFAP): Designed to relax joints, increase flexibility, range of motion, muscular strength & overall stamina.
Non-Member Fee for Arthritis Pass \$65-Senior, \$80-Non-Senior

Classes are 1 hour in length