



25 Yard Pool Schedule- Winter: January 7th - February 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00AM (6) Lap Swim	5:30-10:00AM (6) Lap Swim	5:30-6:00AM (6) Lap Swim	5:30-9:30AM (6) Lap Swim	5:30-6:00AM (6) Lap Swim	8:00-11:00AM (6) Lap Swim	8:00-12:00PM (6) Lap Swim
6:00-8:30AM (5) Masters Practice (1) Lap Lane Open		6:00-8:30AM (5) Masters Practice (1) Lap Lane Open		6:00-8:30AM (5) Masters Practice (1) Lap Lane Open		
8:30-9:45AM (6) Lap Swim	10:00-11:00AM (4) Intermediate Swim Fit (Caye) (2) Lap Lanes Open	8:30-9:45AM (6) Lap Swim	9:30-10:30AM (2) Family Swim (4) Lap Lanes Open	8:30-9:45AM (6) Lap Swim	11:00-12:00PM (6) Swim Lessons (0) Lap Swim	
9:45-10:30AM (4) Water Aerobics (Marsha) (2) Lap Lanes Open	11:00-4:00PM (6) Lap Swim	9:45-10:30AM (4) Water Aerobics (Marsha) (2) Lap Lanes Open	10:30-4:00PM (6) Lap Swim	9:45-10:30AM (4) Water Aerobics (Marsha) (2) Lap Lanes Open	12:00-3:00PM (2) Family swim (4) Lap Lanes Open	12:00-3:00PM (2) Family swim (4) Lap Lanes Open
10:30-4:00PM (6) Lap Swim		10:30-4:00PM (6) Lap Swim		10:30-4:00PM (6) Lap Swim		
4:00-5:00PM (6) Swim Lessons (0) Lap Swim				4:00-5:00PM (6) Swim Lessons (0) Lap Swim		4:00-5:00PM (6) Lap Swim
5:00-6:00PM (2) Family Swim (4) Lap Lanes Open	4:00-8:30PM (2) Family Swim (4) Lap Lanes Open	5:00-6:00PM (2) Family Swim (4) Lap Lanes Open	4:00-8:30PM (2) Family Swim (4) Lap Lanes Open	4:00-8:30PM (2) Family Swim (4) Lap Lanes Open		
6:00-7:30PM (6) Swim Lessons (0) Lap Swim		6:00-7:30PM (6) Swim Lessons (0) Lap Swim		4:00-8:30PM (2) Family Swim (4) Lap Lanes Open		
7:30-8:30PM (2) Family Swim (4) Lap Lanes Open		7:30-8:30PM (2) Family Swim (4) Lap Lanes Open		4:00-8:30PM (2) Family Swim (4) Lap Lanes Open		

*Please ask the front desk to see a copy of our pool rules.



Therapy Pool Schedule- Winter: January 7th - February 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	5:30-9:00AM Adult Swim	5:30-6:15AM Adult Swim	8:00-8:30AM Adult Swim	8:00-12:00PM Family Swim	
6:15-7:00AM Water Aerobics (Cathy)		6:15-7:00AM Water Aerobics (Lynn)		6:15-7:00AM Water Aerobics (Cathy)	8:30-9:00AM Aerobic Stretches- Full Body (Zoey)		
7:00-7:30AM Adult Swim	9:00-9:30AM Aerobic Stretches - Lower Body (Lifeguard)	7:00-7:30AM Adult Swim	9:00-9:30AM Aerobic Stretches - Upper Body (Lifeguard)	7:00-7:30AM Adult Swim	9:00-10:00AM Water Aerobics (Zoey)		
7:30-8:15AM Water Aerobics (Gayle)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Carrie)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Carrie)	10:00-11:00AM Swim Lessons		
8:15-9:00AM Adult Swim		8:15-9:00AM Adult Swim		8:15-9:00AM Adult Swim	11:00-12:00PM Family Swim		
9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	12:00-2:00PM Adult Swim		12:00-2:00PM Adult Swim
9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim 2:00-3:30PM Family swim	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim 2:00-3:30PM Family swim	9:45-11:00AM Family Swim			
11:00-11:45AM Twinges and Hinges (Lifeguard)	3:30-4:00PM Adult Swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	3:30-4:00PM Adult Swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	2:00-3:00PM Family Swim	2:00-3:00PM Family Swim	
11:45-2:00PM Adult Swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim			
2:00-4:45PM Family swim	5:00-6:00PM Family Swim	2:00-4:45PM Family swim	5:00-6:00PM Family Swim	2:00-8:30PM Family swim	<p>PLEASE NOTE: All aerobics classes are family friendly, children 10 and older may attend and participate with an adult present.</p> <p>Only persons over the age of 18 are allowed to swim during adult swim times.</p> <p>Therapy Pool is kept at 92 degrees and is 4ft 7in deep all around.</p>		
4:45-5:30PM Swim Lessons	6:00-7:00PM Water Aerobics (Barb)	4:45-5:30PM Swim Lessons	6:00-7:00PM Water Aerobics (Carrie)				
5:30-6:30PM Water Aerobics (Carrie)	7:00-7:45PM Pre-Natal Class (Deb)	5:30-6:30PM (4) Water Aerobics (Cathy)	7:00-7:45PM Pre-Natal Class (Deb)				
6:30-7:30PM Swim Lessons	7:45-8:30PM Family swim	6:30-7:30PM Swim Lessons	7:45-8:30PM Family swim				
7:30-8:30PM Family swim		7:30-8:30PM Family swim					