



25 Yard Pool Schedule: July 8th – August 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–9:45AM (6) Lap Swim	5:30–9:00AM (6) Lap Swim 9:00–10:00AM (4) Swim Lessons (2) Lap Lanes Open	5:30–9:45AM (6) Lap Swim	5:30–9:00AM (6) Lap Swim 9:00–10:00AM (4) Swim Lessons (2) Lap Lanes Open	5:30–9:45AM (6) Lap Swim	8:00–11:00PM (6) Lap Swim 11:00–12:00PM (6) Swim Lessons (0) Lap Lanes Open	8:00–12:00PM (6) Lap Swim
9:45–10:30AM (4) Water Aerobics (Marsha) (2) Lap Lanes Open	10:00–10:45AM (4) Open Water Swim Prep (Adam) (2) Lap Lanes Open	9:45–10:30AM (4) Water Aerobics (Marsha) (2) Lap Lanes Open	10:00–10:45AM (2) Family Swim (4) Lap Lanes Open	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	10:45–4:00PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	10:45–2:15PM (6) Lap Swim	10:30–4:00PM (6) Lap Swim	PLEASE NOTE: 25 Yard Pool is kept at 82 degrees. Shallow part of the pool is 3 1/2 ft. deep. Deepest part of the pool is 10 ft. deep Numbers in () indicate the number of lanes available for the activity listed.	
4:00–5:00PM (6) Swim Lessons (0) Lap Lanes Open	4:00–8:30PM (2) Family Swim (4) Lap Lanes Open	4:00–5:00PM (6) Swim Lessons (0) Lap Lanes Open	2:15–3:30PM (3) Garden of Dreams (3) Lap Swim	4:00–8:30PM (2) Family Swim (4) Lap Lanes Open		
5:00–6:00PM (2) Family Swim (4) Lap Lanes Open		5:00–6:00PM (2) Family Swim (4) Lap Lanes Open	3:30–8:30PM (2) Family Swim (4) Lap Lanes Open			
6:00–7:30PM (6) Swim Lessons (0) Lap Lanes Open		6:00–7:30PM (6) Swim Lessons (0) 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				



Therapy Pool Schedule: July 8th - August 4th

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 (Lesia)	
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 (Lesia)	
7:30-8:15AM Water Aerobics (Ronda)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Ronda)	9:30-11:00AM Family Swim	7:30-8:15AM Water Aerobics (Ronda)	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	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim		
11:00-11:45AM Twinges and Hinges (Lifeguard)	2:00-3:30PM Family swim		11:00-11:45AM Twinges and Hinges (Lifeguard)		2:00-3:30PM Family swim	11:00-11:45AM Twinges and Hinges (Lifeguard)
	3:30-4:00PM Adult Swim	3:30-4:00PM Adult Swim		3:30-4:00PM Adult 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	<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>	
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		
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 (Cathy)			
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				