


# Therapy Pool Schedule: April 7- May 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-12:00pm Family Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	8:00am-9:00am Adult Swim
	6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>	
	7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim	
12:00pm-1:30pm Adult Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Ronda)</i>	10:00am-11:00am Swim Lessons
	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	11:00am-12:00pm Family Swim
	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	12:00pm-1:30pm Adult Swim
1:30pm-3:00pm Family Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	1:30pm-3:00pm Family Swim
	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	
	11:45am-2:00pm Adult Swim	3:30pm-4:30pm Family Swim/CIR WA	11:45am-2:00pm Adult Swim	3:30pm-4:30pm Family Swim/CIR WA	11:45am-2:00pm Adult Swim	
<b>Children 12 &amp; Under MUST be supervised by an adult at all times</b>	2:00pm-4:30pm Family Swim	4:45pm-5:45pm Water Aerobics <i>(Marigene)</i>	2:00pm-4:30pm Family Swim	4:45pm-5:45pm Water Aerobics <i>(Marigene)</i>	2:00pm-8:00pm Family Swim	
	4:30pm-5:00pm Swim Lessons		4:30pm-5:00pm Swim Lessons			
<b>Children who cannot swim, or are wearing a lifejacket MUST have an adult withing arms reach at all times</b>	5:00pm-5:30pm Adult Swim	6:00pm-6:45pm Water Aerobics <i>(Logan)</i>	5:00pm-5:30pm Adult Swim	6:00pm-6:45pm Water Aerobics <i>(Logan)</i>		
	5:30pm-6:15pm Water Aerobics <i>(Ronda)</i>	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>	5:30pm-6:15pm Water Aerobics <i>(Ronda)</i>	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>		
<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	6:30pm-7:30pm Swim Lessons	7:45pm-8:30pm Family Swim	6:30pm-7:30pm Swim Lessons	7:45pm-8:30pm Family Swim		
	7:30pm-8:30pm Family Swim		7:30pm-8:30pm Family Swim			

## 25 Yard Pool Schedule: April 7 - May 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25 Yard Pool is kept at 82 degrees.</b>	8:00am-9:00am (4) Swim Fit (Adam) (2) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	8:00am-11:00am (6) Lap Swim
<b>Therapy Pool is kept at 92 degrees.</b>	9:00am-10:00am (6) Lap Swim	9:45am-10:30am (4) Water Aerobics (Marsha) (2) Lap Swim	10:00am-10:45am (4) Swim Fit (Adam) (2) Lap Swim	9:45am-10:30am (4) Water Aerobics (Marsha) (2) Lap Swim	10:00am-11:00am (2) Family Swim (4) Lap Swim	9:00am-9:45am (3) Swim Lessons (3) Lap Swim	11:00am-12:00pm (6) Swim Lessons (0) Lap Swim
<b>The shallow part of the 25 Yard Pool is 3 1/2 ft. deep &amp; deepest part is 10 ft. deep.</b>	10:00am-3:00pm (2) Family Swim (4) Lap Lanes Open deep.	10:30am-4:00pm (6) Lap Swim	10:45am-4:15pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	11:00am-4:15pm (6) Lap Swim	9:45am-10:30am (3) Water Aerobics (Marsha) (3) Lap Swim	12:00pm-3:00pm (4) Lap Swim (2) Family Swim
<b>Therapy Pool is 4ft 7in deep all around</b>	<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	4:00pm-6:00pm (4) Lap Swim (2) Family Swim		4:00pm-6:00pm (4) Lap Swim (2) Family Swim		10:30am-4:00pm (6) Lap Swim	
<b>Please rinse off before entering pool</b>		6:00pm-6:45pm (6) Swim Lessons	4:15pm-4:45pm (3) Deep Water Aerobics (Tammy) (3) Lap Swim	6:00pm-6:45pm (6) Swim Lessons	4:15pm-4:45pm (3) Deep Water Aerobics (Tammy) (3) Lap Swim		
<b>Lap swimmers are encouraged to check with the lifeguard before beginning their workout. When demands exceed normal capacity, swimmers may be asked to circle swim</b>		6:45pm-8:30pm (4) Lap Swim (2) Family Swim	4:45pm-8:30pm (2) Family Swim (4) Lap Swim	6:45pm-8:30pm (4) Lap Swim (2) Family Swim	4:45pm-8:30pm (2) Family Swim (4) Lap Swim	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	

