



Program Pool							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adaptive Adult Swim				12:00-1:30p (2)			
Aqua Fitness	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:00-11:00a (3)	
		6:00-7:00p (3)		6:00-7:00p (3)			
Family Swim	3:00-4:30p (1) 7:30-9:45p (2)	2:00-5:00p (2) 7:00-9:45p (2)	3:00-4:30p (1) 7:30-9:45p (2)	2:00-5:00p (2) 7:00-9:45p (2)	3:00-5:00p (1) 6:00-8:45p (2)	12:00-5:45p (2)	12:00-5:45p (2)
Lap Swim	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-6:00p (4) 6:00-7:30p (1) 7:30-9:45p (3)	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-2:00p (5) 2:00-6:00p (3) 6:00-7:00p (2) 7:30-9:45p (3)	5:15-6:00a (5) 6:00-8:30a (1-2) 8:30-10:30a (4) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-6:00p (4) 6:00-7:30p (1) 7:30-9:45p (3)	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-2:00p (5) 2:00-6:00p (3) 6:00-7:00p (2) 7:30-9:45p (3)	5:15-6:00a (5) 6:00-7:30a (1) 7:30-10:30a (4) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-7:00p (4) 7:00-8:45 (3)	7:15-10:00a (4) 10:00a-5:45p (3)	7:15a-12:00p (5) 12:00-5:45p (3)
Master's Swim	6:00-7:30p (4)		6:00-7:30a (4) 6:00-7:30p (4)		6:00-7:30a (4) 6:00-7:30p (4)		
Stroke Improvement			7:30-8:30a (3)				
Swim Lessons	Pre Sch 9:30-10a	Youth 7p-7:45p	Pre Sch 9:30-10a	Youth 7p-7:45p		PS 9:15 Y 11:30	
Kids Tri Training	3:30p-5:30p 7:30p-9:00p	7:30p-9:00p	3:30p-5:30p 7:30p-9:00p	7:30p-9:00p	3:30p-7:30p	12:30p-3:30p	12:30p-3:30p
Therapy Pool							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adaptive Zumba	5:00-6:00p						
Adaptive Adult Swim				1:00-2:00p			
Adaptive Kids Swim				5:00-6:30p			
Aqua Arthritis	12:10-1:00p 1:10-2:00p 6:10-7:00p	12:10-1:00p	12:10-1:00p 1:10-2:00p	12:10-1:00p	12:10-1:00p 1:10-2:00p	11:10a-12:00p	
Therapy Swim	5:15-8:45a 7:00-9:45p	5:15a-8:45a 1:00-2:00p 4:00-9:45p	5:15a-8:45a 5:00-9:45p	5:15a-8:45a 4:00-5:00p 6:30-9:45p	5:15a-8:45a 5:00-8:45p	7:15-9:30a 12:00p-5:45p	7:15a-5:45p
Swim Lessons						PC 9:45-11a	
Pool Closed	9:00a-12:00p 2:00-5:00p	9:00a-12:00p 2:00-4:00p	9:00a-12:00p 2:00-5:00p	9:00a-12:00p 2:00-4:00p	9:00a-12:00p 2:00-5:00p		
NOTES: You must be at least 12 years old (and a Green Level swimmer) to swim in the Program Pool without adult supervision (except during family swim) and 18 years old to use the Therapy Pool (except for specified classes) . Parents with infants are allowed in the Therapy Pool for water acclimation. During our peak swim times, sharing lanes and circle swimming may be necessary. (During aquatic staff training, additional lanes may be needed.)							



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adaptive Basketball					6:30-8:45p		
Adaptive Rugby		7:30-9:45p				2:00-5:45p	
BODYPUMP	9:15-10:45a 5:15-6:30p		6:15-7:45p		9:15-10:30a	9:15-10:30a	
BODYCOMBAT	6:35-7:45p			5:15-6:45p	10:30-11:45a	10:30-11:45a	
Open Gym	5:15-9:15a 2:00-5:15p	7:30-10:45a 2:00-4:00p	5:15-10:45a 2:00-4:00p	7:30-10:45a 2:00-4:00p	5:15-9:15a	7:00-9:15a	7:00-11:30a 2:00-4:00p
Pick-up Basketball	10:45a-2:00p 7:45-10:00p	5:15-7:30a 10:45a-2:00p 4:00-7:30p	10:45a-2:00p 4:00-6:15p 7:45-10:00p	5:15-7:30a 10:45a-2:00p 4:00-5:15p	11:45a-6:00p	11:45a-2:00p	11:30a-2:00p
Volleyball				6:45-9:45p			4:00-5:45p