



WEEKLY POOL SCHEDULE

Classes

Open Swim/ Water Walking

Monday

Pool hours: 8:00 am – 6:00 pm

9:15- 10:00	Stronger Every Day	8:00 – 9:15
10:30-11:15	Making Waves	11:30 – 2:00
11:30 – 12:30	*Lap Swimming	3:00 – 6:00
2:15 - 3:00	Arthritis Aquacize	

Tuesday

Pool hours: 8:00 am – 6:00 pm

9:15 - 10:00	Stronger Every Day	8:00 – 9:15
10:30-11:15	Making Waves	11:30 – 2:00
11:30 – 12:30	*Lap Swimming	3:00 – 4:00
2:15 - 3:00	Better Balance	5:30 - 6:00
4:00 - 5:30	Water Volleyball	

Wednesday

Pool hours: 8:00 am – 6:00 pm

9:15- 10:00	Stronger Every Day	8:00 – 9:15
10:30-11:15	Making Waves	11:30 – 2:00
11:30 – 12:30	*Lap Swimming	3:00 – 6:00
3:00 – 3:45	Water Yoga with Cindy	
4:00 – 5:30	Family Swim (<i>children must be supervised and potty-trained</i>)	

Thursday

Pool hours: 8:00 am – 6:00 pm

9:15 - 10:00	Stronger Every Day	8:00 – 9:15
10:30-11:15	Making Waves	11:30 – 2:00
11:30 – 12:30	*Lap Swimming	3:00 – 4:00
2:15 - 3:00	Better Balance	5:30 - 6:00
4:00 - 5:30	Water Volleyball	

Friday

Pool Hours: 9:00 am – 1:00 pm

9:15- 9:45	Water Tai Chi/Pilates	10:00 – 1:00
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Saturday

Pool hours: 9:00 am – 1:00

11:00-1:00	Family Swim (<i>children must be supervised and potty-trained</i>)	9:00 – 1:00
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*Water walkers, please be considerate of lap swimmers during this time.

(Revised 9/01/15)