

Aquatic Class Schedule

MON	TUE	WED	THU	FRI
8:00 - 9:00 am Open Swim/ Water Walking	8:00 - 9:00 am Open Swim/ Water Walking	8:00 - 9:00 am Open Swim/ Water Walking	8:00 - 9:00 am Open Swim/ Water Walking	8:00 - 9:00 am Open Swim/ Water Walking
9:00 - 10:00 am Lap Swim	9:00 - 10:00 am Aquacise	9:00 - 10:00 am Lap Swim	9:00 - 10:00 am Aquacise	9:00 - 10:00 am Hydro HIIT
10:00 - 11:00 am Hydro HIIT	10:00 - 11:00 am Lap Swim	10:00 - 11:00 am Aqua Balance & Mobility	10:00 - 11:00 am Lap Swim	10:00 - 11:00 am Lap Swim
11:00 am - 12:00 noon Lap Swim	11:00 am - 12:00 noon Open Swim/ Water Walking	11:00 am - 12:00 noon Lap Swim	11:00 am - 12:00 noon Open Swim/ Water Walking	11:00 am - 12:00 noon Lap Swim
1:00 - 2:00 pm Aqua Yoga	1:00 - 2:00 pm Lap Swim	1:00 - 2:00 pm Aqua Dance	1:00 - 2:00 pm Lap Swim	12:00 noon - 1:00 pm Aqua Dance
2:00 - 4:00 pm Open Swim/ Water Walking	2:00 - 4:00 pm Water Volleyball	2:00 - 4:00 pm Open Swim/ Water Walking	2:00 - 4:00 pm Water Volleyball	1:00 - 3:00 pm Open Swim/ Water Walking

- Independent Pool Time
- Instructor-Led Activities

All pool sessions are scheduled in full 1-hour blocks. Lap swim ends at the top of the hour; class participants should not enter the pool until then. Likewise, lap swimmers should wait until the scheduled class time has fully ended, unless early entry is clearly approved.

Effective 01.11.26