



# Large Pool Schedule

Effective April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>5:00a-8:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>5:00a-7:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>6:00a-5:45p Lap Swim There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	
<p><b>8:30a-9:15a</b> <b>Water</b> <b>Aerobics</b> <b>Kim</b></p>	<p><b>8:30a-9:15a</b> <b>Water</b> <b>Aerobics</b> <b>Linda</b></p>	<p><b>8:30a-9:15a</b> <b>Water</b> <b>Aerobics</b> <b>Kim</b></p>	<p><b>8:30a-9:15a</b> <b>Water</b> <b>Aerobics</b> <b>Linda</b></p>	<p><b>8:30a-9:15a</b> <b>Water</b> <b>Aerobics</b> <b>Kim</b></p>	<p><b>8:30a-9:15a</b> <b>Water</b> <b>Bootcamp</b> <b>Michelle</b> (closed to water walkers during this time)</p>	<p><b>8:00a-3:45p</b> <b>Lap Swim</b> There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>
	<p>9:15a-9:50a Water Bike Linda</p>		<p>9:15a-9:50a Water Bike Linda</p>			
<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>	<p>4:00p-7:00p Swim Lessons There are always 3 lap lanes open &amp; 30 minutes per lap lane.</p>			
<p><b>5:30p-6:15p</b> <b>Water</b> <b>Bootcamp</b> <b>Michelle</b> (closed to water walkers during this time)</p>	<p><b>5:30p-6:15p</b> <b>Water</b> <b>Bootcamp for</b> <b>Beginners</b> <b>Michelle</b></p>	<p><b>5:30p-6:15p</b> <b>Water</b> <b>Bootcamp</b> <b>Michelle</b> (closed to water walkers during this time)</p>	<p><b>5:30p-6:15p</b> <b>Water</b> <b>Bootcamp</b> <b>Michelle</b> (closed to water walkers during this time)</p>			
<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>	<p>7:00p-8:45p Lap Swim</p>			



# Small Pool Schedule

Effective April 2024

Monday	Tuesday	Wednesday		Thursday	Friday		Saturday	Sunday
8:00-9:00am Water Aerobics Teresa	8:00-10:30am Water Walking	8:00-9:00am Water Aerobics Teresa		8:00-10:30am Water Walking	8:00-9:00am Water Aerobics Teresa		8:00-12:00pm Swim Lessons (Pool closed to non swim lesson participants)	8:00-10:30am Water Walking
9:00-11:00am Water Walking/PT	10:30- 11am Dotty Ball	9:00- 11:00am Water Walking	10:30- 11am Dotty Ball	10:30- 11am Dotty Ball	9:00- 11:00am Water Walking	10:30- 11am Dotty Ball		
11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy		11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy		12:00-5:45pm Open Swim	10:30am-12:00pm Open Swim
12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking		12:00-1:00pm Water Walking	12:00-2:30pm Water Walking/Physical Therapy			12:00-3:45pm Family Swim
1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim		1:00-4:00pm Open Swim	2:30-5:00pm Open Swim			
4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)		4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	5:00-7:45pm Family Swim			
7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Evening Water Walking		7:00-8:45pm Open Swim				

**Open Swim** -The pool is open to all ages for recreational swimming (not intended for water walking)

**Family Swim** – The pool is open to parents with their children.

**Dotty Ball** – A fun interactive game where you attempt to keep the ball from touching the water! Water walking is allowed during this time as well.