



Aquatics

MAIN POOL

SEPTEMBER - OCTOBER 2017

Monday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am-6:30pm	Open Swim/ Lap Swim
6:30pm-7:30pm	Hydrospin/ 2 laps/ open swim deep
7:30pm-9:00pm	Open Swim / Lap Swim

Tuesday	
5:45am-6:45am	Hydrospin/ 2 laps/ open swim deep
6:45am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:45am-10:45am	Hydrospin/ 2 laps/ open swim deep
10:45am-5:30pm	Open Swim / Lap Swim
	3:00-4:00 Gym and Swim
5:30pm-6:30pm	Aqua Zumba
6:45pm-7:45pm	Hydrospin/ 2 laps/ open swim deep
7:45pm-9:00pm	Open Swim / Lap Swim

Wednesday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am-4:00pm	Open Swim / Lap Swim
4:00pm-6:30pm	YMCA Swim Lessons
6:30pm-9:00pm	Open Swim / Lap Swim

Thursday	
5:45am-6:45am	Hydrospin/ 2 laps/ open swim deep
6:45am-8:30am	Lap Swim
8:30am-9:30am	Splash Fit
9:30am-10:30am	Young at Heart
10:45am-5:15pm	Open Swim / Lap Swim
5:15pm-6:15pm	Aqua Zumba / 1 Lap Lane
6:15pm-7:15pm	YMCA Swim Lessons
7:15pm-9:00pm	Open Swim / Lap Swim

Friday	
5:30am-8:30am	Lap Swim
8:30am-9:30am	Deep Water Jogging
9:30am-10:30am	Young at Heart / 1 Lap Lane
10:30am-8:30pm	Open Swim / Lap Swim

Saturday	
7:15am-9:00am	Lap Swim
9:00am-12:00pm	YMCA Swim Lessons
12:00pm-1:00pm	Aqua Zumba
1:00pm-2:30pm	Open Swim / Lap Swim
2:30pm-3:30pm	Pool Party by Reservation
3:30pm-4:30pm	Pool Party by Reservation

Sunday	
11:15am-2:30pm	Open Swim / Lap Swim
2:30pm-3:30pm	Pool Party by Reservation

Swim lessons may be held at any time in any lane with out notice

