



# Aquatic Fitness & Pool Schedule

Effective September 1<sup>st</sup>, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am-6:00am	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Closed	Closed	
6:00am-7:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
7:00am-8:30am			Aqua Fitness					Adult Swim
8:30am-9:30am	Aqua Aerobics (Carol)	Wet Resistance (Carol)	7:45-8:45	Aqua Noodles (Carol)	Wet Strength (Carol)	Aqua Aerobics (Carol)	Open Swim  9:00am-4:30pm	
9:30-10:15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim  9:30am-4:30pm		
10:15-11:15	Aqua Fitness							Aqua Fitness
12:00pm-1:00pm	Adult Swim	Adult Swim						Adult Swim
1:00pm-2:00pm	Aqua Aerobics (Carol)	Aqua Aerobics (Carol)	Wet Strength (Carol)	Aqua Noodles (Carol)	Aqua Aerobics (Carol)			
2:00pm-3:00pm	Open Swim	Water Walk & Stretch (Carol)	Open Swim	Water Walk & Stretch (Carol)	Open Swim			
3:00pm-4:00pm		Open Swim		Open Swim				
4:00pm-7:00pm								
7:00pm-8:30pm								
						Closed	Closed	

State Law requires that children under 14 are supervised by an adult at all times, and NO Jumping or Diving into the Pool or Hot Tub.

**All classes are included in membership fee.**

During Adult Swim times, the Aquatic Center is reserved for those 18 and over.

**The Aquatic Center closes half an hour before the Gym.**

**8:30pm M-F, 4:30pm Sat & Sun**