



POOL SCHEDULE

Effective April 15, 2024

MAIN POOL (Lap Swim) 14+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:45 AM-2:30 PM 4:00-7:30 PM	7 AM-2:30 PM 5:30-8:30 PM	5:45 AM-2:30 PM 4-5 PM	7 AM-2:30 PM 5:30-8:30 PM	5:45 AM-2:30 PM 5:45-7 PM Jr. Lap 6-7 PM	10:30-1:30 & 2:30-3:30 Jr. Lap 2:30-3:30 pm	7:30 AM-12:30 PM

The number of lap lanes available for lap swim will vary.

WARM WATER POOL (Adult Open Fitness) 16+

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9-10 AM 10:45 AM-3:30 PM	9-10 AM 11:45 AM-3:30 PM 6:30-8:30 PM*	9 AM-12 PM 7:30-8:30 PM	12:45-3:30 PM 6:50-8:30 PM*	8:00 AM-2:30 PM	1:30-3:30 PM	10:30 AM-12:30 PM*

FAMILY/OPEN SWIM

30 people max. First come, first served

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
6:55-8:30 PM WWP	4:00-5:55 PM WWP	6:15-7:00 PM MAIN POOL	1:00-2:30 PM MAIN POOL	Little Y'S 9-9:45 AM WWP Big Y's 9:45-10:30 AM WWP

AQUA FITNESS CLASSES 16+

MON.	10:00-10:45 am	Colleen's Choice	Colleen	Warm Water Pool
MON.	10:00-10:45 am	NEW! Brenda's Choice	Brenda	Main Pool
TUES.	9:00-9:45 am	Hydrospin	Kathy N.	Main Pool
TUES.	10:00-10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	10:00-10:45 am	Bren Zen	Brenda	Warm Water Pool
TUES.	11:00-11:45 am	Back Hab	Ann Marie	Warm Water Pool
WED.	9:45-10:30 am	Deeply Fit	Colleen	Main Pool
WED.	6:50-8:30 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	9:00-9:45 am	NEW! Tai-Yoga	Brenda	Warm Water Pool
THURS.	10:00-10:45 am	Total Aqua Mobility	Kathy N.	Main Pool
THURS.	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURS.	11:00-11:45 am	RSB Fight Back UH20 \$	-	Warm Water Pool
THURS.	12:00-12:45 pm	AFA-Arthritis	Ann Marie	Warm Water Pool
FRI.	9:00-9:45 am	Aqua Volleyball	-	Warm Water Pool

*Private Swim Lessons may be held simultaneously