



POOL SCHEDULE

Effective 1/2/2022

MAIN POOL (Lap Swim)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:45 am-2 pm	5:45 am-2 pm 5:00-8:30 pm	6:45 am-12 pm	5:45 am-2 pm 5:00-8:30 pm	6:45 am-2 pm	9:45 am-12:45 pm	7:30-9 am

The number of lap lanes available for lap swim will vary throughout the day.

WARM WATER POOL

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9:00-10:00 am 10:45 am-12 pm	8-10 am 11:45 am-3:30 pm 6:30-8:30 pm	10:45 am-12 pm	8-10 am 12:45-3:30 pm 6:30-8:30 pm	9 am-12 pm	-	10:00-11:45 am

FAMILY SWIM

Advanced online reservation required. Opens 23-hours in advance.

MONDAY	FRIDAY	SUNDAY
6:35-7:20 pm	6:00-6:45 pm 7:00-7:45 pm	Little Y's 9:00-10:00 am Family Swim 12:00-12:45 pm

AQUA FITNESS CLASSES

MON.	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
MON.	10:00-10:45 am	Water Wonders	Kate F.	Warm Water Pool
TUES.	9:00-9:45 am	Hydro Spin	Kathy N.	Main Pool
TUES.	10:00-10:45 am	Aqua Tabata	Colleen	Main Pool
TUES.	10:15-10:45 am	Joint Effort (\$)	AnnMarie & Elise	Warm Water Pool
TUES.	11:00-11:45 am	Back Hab	AnnMarie	Warm Water Pool
WED.	9:45-10:30 am	Hi-Low	Colleen	Warm Water Pool
WED.	6:00-7:15 pm	Aqua Volleyball	-	Warm Water Pool
THURS.	9:00-9:45 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	Fight Back UH20 (\$)		Warm Water Pool
THURS.	12:00-12:45 pm	AFA-Arthritis	AnnMarie	Warm Water Pool
FRI.	9:00-10:00 am	Aqua Volleyball	-	Warm Water Pool