

25 Yard Pool Schedule: October 28th – December 22nd

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Yard Pool is kept at 82 degrees.	8:00am-9:00am (4) Swim Fit (Adam) (2) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	8:00am-11:00am (6) Lap Swim
Therapy Pool is kept at 92 degrees.	9:00am-10:00am (6) Lap Swim	9:45am-10:30am (4) Water Aerobics (Marsha) (2) Lap Swim	10:00am-10:45am (4) Swim Fit (Adam) (2) Lap Swim	9:45am-10:30am (3) Water Aerobics (Marsha) (3) Lap Swim	10:00am-11:00am (2) Family Swim (4) Lap Swim	9:00am-9:45am (3) Swim Lessons (3) Lap Swim	11:00am-12:00pm (6) Swim Lessons (0) Lap Swim
The shallow part of the 25 Yard Pool is 3 1/2 ft. deep & deepest part is 10 ft. deep.	10:00am-3:00pm (2) Family Swim (4) Lap Lanes Open	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	9:45am-10:30am (3) Water Aerobics (Marsha) (3) Lap Swim	12:00pm-3:00pm (4) Lap Swim (2) Family Swim
Therapy Pool is 4ft 7in deep all around	THIS SCHEDULE IS SUBJECT TO CHANGE	4:00pm-5:00pm (6) Swim Lessons	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	4:00pm-5:00pm (6) Swim Lessons	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	10:30am-4:00pm (6) Lap Swim	
Please rinse off before entering pool		5:00pm-6:00pm (2) Family Swim (4) Lap Swim		5:00pm-6:00pm (2) Family Swim (4) Lap Swim		10:30am-4:00pm (6) Lap Swim	
Lap swimmers are encouraged to check with the lifeguard before beginning their workout. When demands exceed normal capacity, swimmers may be asked to circle swim		6:00pm-7:00pm (6) Swim Lessons		6:00pm-7:00pm (6) Swim Lessons		4:00pm-8:30pm (2) Family Swim (4) Lap Swim	
		7:00pm-8:30pm (2) Family Swim (4) Lap Swim		7:00pm-8:30pm (2) Family Swim (4) Lap Swim		4:00pm-8:30pm (2) Family Swim (4) Lap Swim	

Therapy Pool Schedule: October 28th – December 15th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-12:00pm Family Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	8:00am-8:30am Adult Swim
	6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>	8:30am-9:00am Aerobic Stretches Full Body <i>(Lesa)</i>
	7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim	9:00am-10:00am Water Aerobics <i>(Lesa)</i>
12:00pm-2:00pm Adult Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	10:00am-11:00am Swim Lessons
	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	11:00am-12:00pm Family Swim
	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	12:00pm-2:00pm Adult Swim
2:00pm-3:00pm Family Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	2:00pm-3:00pm Family Swim
	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	
	11:45am-2:00pm Adult Swim	3:30pm-4:00pm Adult Swim	11:45am-2:00pm Adult Swim	3:30pm-4:00pm Adult Swim	11:45am-2:00pm Adult Swim	
THIS SCHEDULE IS SUBJECT TO CHANGE	2:00pm-4:45pm Family Swim	4:00pm-5:00pm Water Aerobics <i>(Marigene)</i>	2:00pm-4:45pm Family Swim	4:00pm-5:00pm Water Aerobics <i>(Marigene)</i>	2:00pm-8:00pm Family Swim	
	4:45pm-5:30pm Swim Lessons	5:00pm-6:00pm Family Swim	4:45pm-5:30pm Swim Lessons	5:00pm-6:00pm Family Swim		
	5:30pm-6:30pm Water Aerobics <i>(Ronda)</i>	6:00pm-7:00pm Water Aerobics <i>(Barb)</i>	5:30pm-6:30pm Water Aerobics <i>(Ronda)</i>	6:00pm-7:00pm Water Aerobics <i>(Barb)</i>		
	6:30pm-7:30pm Swim Lessons	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>	6:30pm-7:30pm Swim Lessons	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>		
	7:30pm-8:30pm Family Swim	7:45pm-8:30pm Family Swim	7:30pm-8:30pm Family Swim	7:45pm-8:30pm Family Swim		