

## 25 Yard Pool Schedule: May 5 - June 8

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Yard Pool is kept at 82 degrees.	8:00am-10:00am (6) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	8:00am-11:00am (6) Lap Swim
Therapy Pool is kept at 92 degrees.		9:45am-10:30am (4) Water Aerobics (Ronda) (2) Lap Swim	9:00am-11:00am (4) Lap Swim (2) Family Swim	9:45am-10:30am (4) Water Aerobics (Ronda) (2) Lap Swim	9:00am-11:00am (4) Lap Swim (2) Family 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	11:00am-4:15pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	11:00am-4:15pm (6) Lap Swim	9:45am-10:30am (3) Water Aerobics (Ronda) (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-6:00pm (4) Lap Swim (2) Family Swim		4:00pm-6:00pm (4) Lap Swim (2) Family Swim		4:10pm-4:40pm (3) Deep Water Aerobics (Tammy) (3) Lap Swim	4:10pm-4:40pm (3) Deep Water Aerobics (Tammy) (3) Lap Swim
Please rinse off before entering pool		6:00pm-6:45pm (6) Swim Lessons	4:10pm-4:40pm (3) Deep Water Aerobics (Tammy) (3) Lap Swim	6:00pm-6:45pm (6) Swim Lessons	4:10pm-4:40pm (3) Deep Water Aerobics (Tammy) (3) 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		6:45pm-8:30pm (4) Lap Swim (2) Family Swim	4:45pm-8:30pm (2) Family Swim (4) Lap Swim	6:45pm-8:30pm (4) Lap Swim (2) Family Swim	4:45pm-8:30pm (2) Family Swim (4) Lap Swim	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	

### Aquatic Class Descriptions:

**Aerobics:** Low impact workouts blend cardio and muscle strengthening in waist deep water (unless you are attending Deep Water Aerobics) using tools such as barbells, noodles and kickboards. Each instructor uses different techniques and equipment and can offer substitute work out options for anyone with shoulder or other joint issues.

**Twinges:** Geared towards active older adults with joint or arthritic pain. Throughout a variety of exercises and stretches patrons can help improve range of motion and help reduce muscle and joint stiffness.


**Prenatal:** Our prenatal class is run by a doula, highly qualified and able to answer questions that expecting mothers may have. Ladies are allowed to bring a support person who is also female. Participants do a variety of exercises to help with the birthing process.

Please note that all instructors have different teaching styles and use different equipment so you may need to try a couple classes to find the right fit for you!

\* Children 8 and up may attend classes as long as they are actively participating (Except Prenatal).

**Closed:** Memorial Day, Monday, May 27, 2019

# Therapy Pool Schedule: May 5 - June 8

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-9:00am 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>	
	7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim	
12:00pm-1:30pm Adult Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Ronda)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Ronda)</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>(Logan)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Logan)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Logan)</i>	12:00pm-1:30pm Adult Swim
1:30pm-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	1:30pm-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-4:30pm Family Swim/CIR WA	11:45am-2:00pm Adult Swim	3:30pm-4:30pm Family Swim/CIR WA	11:45am-2:00pm Adult Swim	
<b>Children 12 &amp; Under MUST be supervised by an adult at all times</b>	2:00pm-4:30pm Family Swim	4:45pm-5:45pm Water Aerobics <i>(Marigene)</i>	2:00pm-4:30pm Family Swim	4:45pm-5:45pm Water Aerobics <i>(Marigene)</i>	2:00pm-8:00pm Family Swim	
	4:30pm-5:00pm Swim Lessons		4:30pm-5:00pm Swim Lessons			
<b>Children who cannot swim, or are wearing a lifejacket MUST have an adult withing arms reach at all times</b>	5:00pm-5:30pm Adult Swim	6:00pm-6:45pm Water Aerobics <i>(Barb)</i>	5:00pm-5:30pm Adult Swim	6:00pm-6:45pm Water Aerobics <i>(Logan)</i>		
	5:30pm-6:15pm Water Aerobics <i>(Logan)</i>	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>	5:30pm-6:15pm Water Aerobics <i>(Ronda)</i>	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>		
<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	6:30pm-7:30pm Swim Lessons	7:45pm-8:30pm Family Swim	6:30pm-7:30pm Swim Lessons	7:45pm-8:30pm Family Swim		
	7:30pm-8:30pm Family Swim		7:30pm-8:30pm Family Swim			