



Pool Schedule

In Effect Sept.8 - Dec.19

Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 6:30 a.m. 6 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 8 a.m. 2 lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 8 a.m. 2 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 6:30 a.m. 6 Lanes
Lap & Leisure 6:30 a.m. - 4:30 p.m. 2 Lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Lap Swim 8 - 11 a.m. 4 lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Lap Swim 8 - 11 a.m. 4 Lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Lap & Leisure 6:30 a.m. - 4:30 p.m. 2 Lanes
Pool Rental 4:30 - 6:30 p.m. No Lanes	Lap Swim 10:30 - 5 p.m. 2 Lanes	Aquafit 11 - 12 p.m. No Lanes	Lap Swim 10:30 a.m. - 3:30 p.m. 2 Lanes	Aquafit 11 - 12 p.m. No Lanes	Lap Swim 10:30 a.m. - 3:30 p.m. 2 Lanes	Pool Rental 4:30 - 6:30 p.m. No Lanes
Lap & Leisure 6:30 - 8:30 p.m. 2 Lanes	Pool Rental 5 - 6:30 p.m. No Lanes	Lap Swim 12 - 3:30 p.m. 2 Lanes	Lap Swim 3:30 - 4:30 p.m. 3 Lanes	Lap Swim 12 - 3:30 p.m. 2 Lanes	Lap Swim 3:30 - 4:30 p.m. 3 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes
Lap Swim 8:30 - 10 p.m. 4 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap Swim 3:30 - 8:30 p.m. 2 lanes	Pool Rental 4:30 - 6:30 p.m. No Lanes	Lap Swim 3:30 - 8:30 p.m. 2 Lanes	Pool Rental 4:30 - 6:30 p.m. No Lanes	
		Aquafit 8:30 - 9:30 p.m. No Lanes	Lap & Leisure 6:30 - 8:30 p.m. 2 Lanes	Aquafit 8:30 - 9:30 p.m. No Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	
		Lap & Leisure 9:30 - 10 p.m. 2 Lanes	Lap & Leisure 8:30 - 10 p.m. 4 Lanes	Lap & Leisure 9:30 - 10 p.m. 2 Lanes		

Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

Special Information

Family Swims Sundays 7 - 9 p.m. Family Rate \$3.55 (tax incl.)/person Little Dippers Adult & Tot Swim Tues & Thurs 10:15 - 11:15 a.m. \$1/person	Before or After Swim Practice Swim for half price 30 minutes before or after lessons to practice your skills.	Shallow Water Aquafit Moderate cardio to improve muscle tone and balance. Deep Water Aqua Fit High intensity zero impact workout using	Gentle Aquafit Light movement for limited mobility or injury recovery. Low Impact Aquafit Water exercises to build strength and support function.	Scan for the most up-to-date schedule  Updated
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Pool Schedule

In Effect Sept.8 - Dec.19

Leisure Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap 6 - 7 a.m. 1 Lane Leisure Swim 7 a.m. - 7 p.m. Family Swim 7 - 9 p.m. Leisure Swim 9 - 10 p.m.	Leisure & Lap 6 - 7:30 a.m. 1 Lane Leisure Swim 7:30 a.m. - 10 p.m.	Leisure & Lap 6 - 7:30 a.m. 1 Lane Leisure Swim 7:30 a.m. - 10 p.m.	Leisure & Lap 6 - 7:30 a.m. 1 Lane Leisure Swim 7:30 a.m. - 10 p.m.	Leisure & Lap 6 - 7:30 a.m. 1 Lane Leisure Swim 7:30 a.m. - 10 p.m.	Leisure & Lap 6 - 7:30 a.m. 1 Lane Leisure Swim 7:30 a.m. - 10 p.m.	Leisure & Lap 6 - 7 a.m. 1 Lane Leisure Swim 7 a.m. - 10 p.m.

Aquafit

	Shallow Water Aquafit 9:30 - 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	Low Impact Aquafit 8:30 - 9:30 a.m. Leisure Pool Shallow Water Aquafit 11 a.m. - 12 p.m. Lap Pool Deep Water Aquafit 8:30 - 9:30 p.m.	Shallow & Deep Water Aquafit 9:30 - 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	Low Impact Aquafit 8:30 - 9:30 a.m. Leisure Pool *Adapted Aqua Movement 9:45 - 10:30 a.m. Leisure Pool Shallow Water Aquafit 11 a.m. - 12 p.m. Lap Pool Shallow & Deep Water Aquafit 8:30 - 9:30 p.m.	Shallow & Deep Water Aquafit 9:30 - 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	
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