

# Indoor Pool Schedule

## 2017

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                                 | Sunday                                   |
|--|--|--|--|--|--|--|
| 5:30am-7:00am<br>Swim Team Practice                  | 5:00am-3:30pm<br>Adult Lap Swim                      | 5:30am-7:00am<br>Swim Team Practice                  | 5:00am-12:00pm<br>Adult Lap Swim                     | 5:30am-7:00am<br>Swim Team Practice                  | 6:00am-8:30am<br>Adult Lap Swim          | 6:00am-12:00pm<br>Adult Lap Swim         |
| 7:00am-3:45pm<br>Adult Lap Swim                      |  | 7:00am-3:45pm<br>Adult Lap Swim                      |  | 7:00am-3:15pm<br>Adult Lap Swim                      |  |  |
| 8:30am-9:15am<br>"Aqua Fitness"                      |  | 8:30am-9:15am<br>"Aqua Fitness"                      |  | 8:30am-9:15am<br>"Aqua Fitness"                      | 8:30am-12:00pm<br>Swim Team Practice     |  |
| 9:15am-10:00am<br>"Gentle Aquacise"                  |  | 9:15am-10:00am<br>"Gentle Aquacise"                  | 12:00pm-3:30pm<br>Closed for Cleaning                |  | 12:00pm-8:45pm<br>Adult & Family<br>Swim | 12:00pm-8:45pm<br>Adult & Family<br>Swim |
| 3:45pm-7:00pm<br>Swim Team Practice<br>(Pool Closed) | 3:30pm-8:00pm<br>Swim Team Practice<br>(Pool Closed) | 3:45pm-7:00pm<br>Swim Team Practice<br>(Pool Closed) | 3:30pm-7:30pm<br>Swim Team Practice<br>(Pool Closed) | 3:15pm-7:15pm<br>Swim Team Practice<br>(Pool Closed) |  |  |
| 7:00pm-9:45pm<br>Adult Lap Swim                      | 8:00pm-9:45pm<br>Adult Lap Swim                      | 7:00pm-9:45pm<br>Adult Lap Swim                      | 7:30pm-9:45pm<br>Adult Lap Swim                      | 7:15pm-9:45pm<br>Adult & Family<br>Swim              |  | Schedule Effective<br>January 4, 2017    |

## **Descriptions of Classes**

**Aqua Fitness:** Take your workout to the pool with this invigorating, non-impact class. Use water resistance to develop strength and cardiovascular endurance. Swimming experience is not necessary. Appropriate for all levels of fitness.

**Gentle Aquacise:** An aquatic exercise program designed for individuals with arthritis and other movement limitations. Focus is on joint range of motion, flexibility, strengthening and endurance.