

POOL SCHEDULE (Session 4)

March 2- April 26, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap	6:00-9:00 am Adult Lap	5:30-7:00 am Adult Lap	7:05-8:45 am Adult Lap	8:05-10:00 am Adult Lap
7:00-7:45 H.A.R.T. (Level II)		7:00-7:45 H.A.R.T. (Level II)		7:00-7:45 H.A.R.T. (Level II)		
7:45-8:45 Adult Lap	9:00-9:45 Aquacize (Level II)	7:45-8:45 Adult Lap	9:00-9:45 Aquacize (Level II)	7:45-8:45 Adult Lap		
8:45-9:30 Sr. Lap/Rehab	9:45-10:15 Adaptive Aquatics for kids	8:45-9:30 Sr. Lap/Rehab	9:45-10:15 Adaptive Aquatics for kids	8:45-9:30 Sr. Lap/Rehab	8:45-9:30 Sr. Lap/Rehab	
9:30-10:15 Water Fitness Deep (Level I) Aqua Burst (Level II)	10:15-11:00 Water Therapy 1	9:30-10:15 Water Fitness Deep (Level I) Aqua Burst (Level II)	10:15-11:00 Water Therapy 1	9:30-10:15 Water Fitness Deep (Level I) Aqua Burst (Level II)	9:30-10:15 Youth Lessons 5/6	
10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II		10:15-11:00 Water Therapy II	10:15-11:00 Youth Lessons 3/4	
11:00-11:30 Aqua Pilates	11:00-11:30 Y Preschool	11:00-11:30 Aqua Pilates	11:00-11:30 Water Discovery/ Exploration (Parent/Child Lesson)	11:00-11:30 Y Preschool	11:00-11:30 Youth Lessons 1/2	10:45-11:30 Water Running (on your own)
11:30-12:15 Aqua Tabata (Level III)	11:30-12:15 Senior Lap/Rehab	11:30-12:15 Aqua Tabata (Level III)	11:30-12:15 Senior Lap/Rehab	11:30-12:15 Aqua Tabata (Level III)	11:30-12:00 Preschool Lessons 1/2/3	11:30-12:15 Senior Lap/Rehab
12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:15-1:30 Adult Lap	12:00-12:30 Water Discovery/ Exploration (Parent/Child Lessons)	
1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	1:30-2:15 Rental	12:30-1:30 Adult Lap	12:15-1:30 Adult Lap
2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap	2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap	2:15-3:00 Rental/ private lessons	1:30-2:15 Pool Party/Rentals	1:30-2:15 Pool Party /Rentals
3:00-3:45 Water Therapy II	3:00-3:45 Water Therapy I	3:00-3:45 Water Therapy II	3:00-3:45 Water Therapy I	3:00-3:45 Water Therapy II	2:15-3:00 Senior Lap/Rehab	2:15-3:00 Open Fitness/ Beginner Lap
3:45-4:15 Youth Lessons 1/2	3:45-4:30 Family Swim	3:45-4:15 Preschool Lessons 1/2/3	3:45-4:30 Family Swim	3:45-4:15 Youth Lessons 1/2	3:00-4:30 pm Family Swim	3:00-4:30 pm Family Swim
4:15-4:45 Preschool Lessons 1/2/3	4:30-5:15 Youth Lessons 3/4	4:15-4:45 Youth Lessons 1/2	4:30-5:15 Youth 5/6 Teen/Adult Lesson	4:15-4:45 Preschool Lessons 1/2/3		
4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap	5:15-6:15 Adult Lap	4:45-5:45 Adult Lap		
5:45-6:30 Aqua Mash up (All Fitness levels)	6:15-7:00 Aqua Pilates (Level I/II)	5:45-6:30 Aqua Mash-up (All fitness levels)	6:15-7:00 Aqua Pilates (Level I/II)	5:45-6:15 Water Discovery/ Exploration Lesson (Parent/Child Lesson)		
6:30-7:15 Family Swim		6:30-7:15 Family Swim		6:15-6:45 Preschool Lessons 1/2/3 6:45-7:15 Youth Lessons 1/2		
	7:00-7:45 Open Fitness/ Beginner Lap	7:00-7:45 Open Fitness/ Beginner Lap	7:15-8:00 Family Swim			
7:15-8:45 pm Adult Lap	7:45-9:00 pm Lifeguard Training	7:15-8:45 pm Adult Lap	7:45-9:00 pm Lifeguard Training	8:00-8:45 pm Adult Lap	Updated February 2020	