

Aquatics Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00-8:45 am	Lap Swim 5:00-8:45 am	Lap Swim 5:00-8:45 am	Lap Swim 5:00-8:45 am	Lap Swim 5:00-8:45 am		
					Lap Swim 7:00-8:55 am	Lap Swim 7:00-10:00 am
Silver Splash 8:45-9:45 am	Aqua Fitness 8:45-9:45 am	Aqua Fitness 8:45-9:45 am	Silver Splash 8:45-9:45 am	Aqua Fitness 8:45-9:45 am	Swim Lessons Only 9:00-12:00 pm	Swim Lessons Only 10:00-12:00 pm
Aqua Fitness 9:45-10:45 am	Family Swim 10:00-11:00 am	Aqua Fitness 9:45-10:45 am	Family Swim 10:00-11:00 am	Aqua Fitness 9:45-10:45 am		
Adult Swim 10:45 -1:30 pm	Adult Swim 11:00-1:30 pm	Adult Swim 10:45 -1:30 pm	Adult Swim 11:00-1:30 pm	Adult Swim 10:45 -1:30 pm		
					Family Swim 12:00-1:00 pm	Family Swim 12:00-1:00 pm
Family Swim 1:30-3:00 pm	Family Swim 1:30-3:00 pm	Family Swim 1:30-3:00 pm	Family Swim 1:30-3:00 pm	Family Swim 1:30-6:00 pm	*Birthday Parties 1:00-2:00 pm	*Birthday Parties 1:00-2:00 pm
One Open Lane 1:30-3:00 pm	One Open Lane 1:30-3:00 pm	One Open Lane 1:30-3:00 pm		One Open Lane 1:30-3:00 pm		
					Family Swim 2:00-3:30 pm	Family Swim 2:00-3:30 pm
					One Open Lane 2:00-3:30pm	One Open Lane 2:00-3:30 pm
One open lane 3:00-6:00pm	Two open lanes 3:00-7:00pm	One open lane 3:00-6:00pm	Two open lanes 3:00-6:00pm			
Swim Lessons 3:00-6:00 pm	Swim Lessons 3:00-7:00 pm	Swim Lessons 3:00-6:00 pm	Swim Lessons 3:00-6:00 pm	Swim Lessons 3:00-6:00 pm	*Birthday Parties 3:30-4:30 pm	*Birthday Parties 3:30-4:30 pm
Aqua Fitness 6:00-7:00 pm		Aqua Fitness 6:00-7:00 pm	Aqua Fitness 6:00-7:00 pm	*Birthday Parties 6:00-7:00 pm		
Family Swim 7:00-8:00 pm	Family Swim 7:00-8:00 pm	Family Swim 7:00-8:00 pm	Family Swim 7:00-8:00 pm	Family Swim 7:00-8:00 pm		
One Open Lane 7:00-8:00 pm	One Open Lane 7:00-8:00 pm	One Open Lane 7:00-8:00 pm	One Open Lane 7:00-8:00 pm	One Open Lane 7:00-8:00 pm		
Lap Swim 8:00-9:30 pm	Lap Swim 8:00-9:30 pm	Lap Swim 8:00-9:30 pm	Lap Swim 8:00-9:30 pm	Lap Swim 8:00-9:30 pm		Current as of 2/2012

Aquatics Center Schedule

Aquatics Schedule Descriptions

Adult Swim – This swim time is for ages 18 & up only. First come first serve.

Aqua Fitness – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength. Participants only.

B-Day Party – Birthday parties and private facility rentals are scheduled at this time and the pool is open to participants only. Please check with the front desk for a current schedule as it varies week to week. If no parties or special events are scheduled the pool is open for Family Swim and one open lane.

Family Swim Two lanes are reserved for open swimming. Children under 14 must be supervised by an adult and may not use the whirlpool, sauna or therapy pool. Children must wear a swim diaper if they are not toilet trained.

Lap Swim – This is open to members of any ages, as long as they are doing laps. Both lap dividers should be in the pool. Please share lanes when necessary. First Come First Serve.

One/Two Open Lane(s)-One/Two lanes are reserved for first come first serve multi-use activities, ie lap swimming, water running, jogging, aerobic and other water activities. Please share lanes when possible.

SilverSplash – Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. Participants only.

Swim Lessons –Group and Private lessons are held at these times. On the occasion that there are not swim lessons going on, you may use an open lane with the understanding that once the class starts you must move to an other lane if available. Private swim lessons may also be held during other non-class times. See the front desk for the current class schedules.

Therapy Pool-On Tuesday and Thursday from 12:30-9:30pm and Sat/Sun all day, the therapy pool is open to our members who need to perform therapy exercises. Children are not allowed in this pool. Lap swim is also not allowed.

Additional Guidelines

- Please see additional rules and regulations posted in the pool area.
- Priority is given to the activities on the pool schedule. Any changes will be posted at the front desk and at the pool. Please call the front desk at any time for updates.