



# POOL SCHEDULE

Effective September 16 - October 27, 2019

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Water Exercise

### Small Pool

Monday 9:00am-10:00am  
Monday 7:30pm-8:30pm  
Tuesday 9:00am-10:00am  
Wednesday 9:30am-10:30am  
Thursday 10:30am-11:30am  
Thursday 7:30pm-8:30pm  
Sunday 9:00am-10:00am

### Large Pool

Wednesday 7:30pm-8:30pm

## Aqua Zumba

### Small Pool

Tuesday 7:30pm-8:30pm  
Friday 9:00am-10:00am

## Stretch and Strength

### Small Pool

Thursday 9:00am-10:00am

## Aqua Boot Camp

### Small Pool

Monday 12:00pm-1:00pm  
Wednesday 12:00pm-1:00pm  
Thursday 6:30pm-7:30pm

### Large Pool

Friday 12:00pm-1:00pm

## Active Older Adult (AOA) Water EX

### Small Pool

Monday 11:00am-11:30am  
Wednesday 11:00am-11:30am

## NEW! Calm Waters

Are you looking to swim at a quieter time of day? Our new Calm Waters hours are here for you! Calm Waters hours denote where there are no youth swim lessons or family swimmers in the large pool. This is a great time to stop by for a quieter, calmer swim.

Monday 6:00am-10:00am  
Monday 11:00am-3:30pm  
Monday 7:30pm-11:00pm  
Tuesday 6:00am-10:00am  
Tuesday 1:00pm-3:30pm  
Tuesday 9:30pm-11:00pm  
Wednesday 6:00am-9:00am  
Wednesday 11:30am-3:45pm  
Wednesday 9:30pm-11:00pm  
Thursday 6:00am-10:00am  
Thursday 11:30am-3:45pm  
Thursday 8:30pm-11:00pm  
Friday 6:00am-10:00am  
Friday 1:00pm-3:30pm  
Friday 8:30pm-11:00pm  
Saturday 6:00am-7:30am  
Saturday 7:15pm-9:00pm  
Sunday 6:00am-7:00am  
Sunday 8:30am-10:00am  
Sunday 5:30pm-9:00pm

## Adult Lap Swim

Monday 6:00am-11:00pm  
Tuesday 6:00am-11:00pm  
Wednesday 6:00am-11:00pm  
Thursday 6:00am-11:00pm  
Friday 6:00am-11:00pm  
Saturday 6:00am-9:00pm  
Sunday 6:00am-9:00pm

### Please Note:

Teens may swim laps between 3:00pm and 8:00pm weekdays and all day on weekends.

## Adult Free Swim

### Small Pool

Monday 7:30am-9:00am  
Monday 11:30am-12:00pm  
Monday 1:00pm-3:30pm  
Tuesday 7:30am-9:00am  
Tuesday 1:00pm-3:30pm  
Wednesday 7:30am-9:30am  
Wednesday 10:30am-11:00am  
Wednesday 11:30am-12:00pm  
Wednesday 1:00pm-3:30pm  
Thursday 7:30am-9:00am  
Thursday 10:00am-10:30am  
Thursday 11:30am-12:00pm  
Thursday 1:00pm-3:30pm  
Friday 7:30am-9:00am  
Friday 11:00am-11:30am  
Friday 1:00pm-3:30pm  
Saturday 7:15pm-9:00pm  
Sunday 7:30am-9:00am  
Sunday 7:00pm-9:00pm

### Large Pool

Monday 9:00am-11:30am  
Monday 12:00pm-1:00pm  
Monday 7:30pm-8:30pm  
Tuesday 9:00am-1:00pm  
Wednesday 9:30am-10:30am  
Wednesday 11:00am-11:30am  
Wednesday 12:00pm-1:00pm  
Thursday 9:00am-10:00am  
Thursday 10:30am-11:30am  
Thursday 12:00pm-1:00pm  
Thursday 7:30pm-8:30pm  
Friday 9:00am-1:00pm  
Saturday 5:45pm-7:15pm  
Sunday 9:00am-10:00am  
Sunday 11:30am-1:00pm  
Sunday 5:30pm-7:00pm

NEW! Find Family Swim times on our Free Family Programs Schedule!