



Large Pool Schedule

Spring Session 2 4/29/24-6/17/24

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Lap Swim 8:30am-9:00am	Lap Swim 5:30-9:25am	Lap Swim 5:30-9:25am	Lap Swim 5:30-9:25am	Lap Swim 5:30-9:25am	Lap Swim 5:30-9:25am	Lap Swim 7-8:50am Or Aqua Blast** 8-8:50am	
	Aqua Blast 9:25-10:20am	Aqua Blast 9:25-10:20am	Aqua Blast 9:25-10:20am	Aqua Blast 9:25-10:20am	Aqua Blast 9:25-10:20am		
Swim Team & Lap Swim 9:00am-2:00pm	Lap Swim 10:20-3:30pm	Lap Swim 10:20-3:30pm	Lap Swim 10:20-4:00pm	Lap Swim 10:20-3:30pm	Lap Swim 10:20-8:45pm	**Spring 2 Aqua Blast will run the 1 st and 3 rd Saturday	
	Lap Swim & Swim Lessons 3:30-4:00pm	Lap Swim & Swim Lessons 3:30-4:00pm		Lap Swim & Swim Lessons 3:30-4:00pm			Swim Lessons and Lap swim 9:00-11:30am
Lap Swim 2:00-3:15pm	Swim Team & Swim Lessons 4:00-7:00pm	Swim Team & Swim Lessons 4:00-6:00pm	Swim Team & Lap Swim & Swim Lessons 4:00-8:45pm	Swim Team & Swim Lessons 4:00-6:00pm			Lap Swim 11:30-2:45pm
	Swim Team and Lap Swim 7:00pm-8:45pm	Swim Team & Lap Swim 6:00-8:45pm		Swim Team & Lap Swim 6:00-8:45pm			

Thunderstorm Policy: We are required to close the pool for 30 minutes from the last thunder or lightning in the area



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Please be advised that Pool Schedule is subject to change due to unforeseen circumstances

Lap Swim: Continuous activity moving back and forth from both ends of the pool. Lane sharing is expected. Two people would split, three or more will circle swim.

Open Swim: all members can enjoy the pool and swim together. Any swimmer 10 and under will be required to be accompanied by an adult on deck at all times. Swimmers who need a floatation device are required to have a parent or guardian in the water and within arms reach at all times.

Power 45: this class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something different to your fitness routine. No swimming skill required.

Deep water: This class will give you a full body workout, while your feet never touch the floor. Whether or not you know how to swim, you can enjoy a moderate or intense workout in a weightless environment. Exercises in this class are designed to build your cardio endurance, flexibility and balance. No swimming skills required.

Shallow water aerobics: This class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something new to your fitness routine.

Arthritis: gentle water exercise program that is designed for people with arthritis and other related conditions, but is great from anyone who is ready for a low intensity class.

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