



# Small Pool Schedule

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Open Swim: 8:30-9:00am	Open Swim 8:00-8:30am		Open Swim 8:00-8:30am	Open Swim 8:00-8:30am		
Swim Lessons 9:00-11:30am	Shallow Water Aerobics 8:30-9:15am	Open Swim 8:00-11:05am	Shallow Water Aerobics 8:30-9:15am	Swim Lessons 8:30am- 10:00am	Open Swim 8:00- 10:00am	Open Swim 8:00-9:00am
	Open Swim 9:15-11:05am		Open Swim 9:15am- 11:05am			
		Power Hour 11:05-11:50am		Power Hour 11:05-11:50am	Reach 10:00-11:00am	Swim Lessons 9:00-11:30am
Open Swim: 11:30am- 3:15pm	Aqua Arthritis 11:05-11:50am	Open Swim 11:50pm- 3:30pm	Aqua Arthritis 11:05-11:50am	Open Swim 11:50am- 3:30pm	Aqua Arthritis 11:05-11:50am	Open Swim 11:30-2:45pm
	Open Swim 11:50am- 3:30pm		Open Swim 11:50am -6:00pm			
	Swim Lessons 3:30-6:00pm	Swim Lessons 3:30-6:00pm	Power Hour 6:00pm-6:55pm	Swim Lessons 3:30-6:00pm		
	Open Swim 6:00-7:45pm	Open Swim 6:00pm-7:45pm	Open Swim 6:55pm-7:45pm	Open Swim 6:00-7:45pm		

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



# Small Pool Schedule

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

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

Open Swim/Family 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.

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.

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