



Small Pool Schedule

Spring Session 1: 4/14/24–4/21/24 April Break

Sun 4/14	Mon 4/15	Tues 4/16	Wed 4/17	Thurs 4/18	Fri 4/19	Sat 4/20
Open Swim: 8:30– 3:15pm	Open Swim 8:00–8:30am	Open Swim 8:00–11:00am	Open Swim 8:00–8:30am	Open Swim 8:00am– 11:05am	Open Swim 8:00– 10:00am	Open Swim 7:00– 2:45pm
	Shallow Water Aerobics 8:30–9:15am		Shallow Water Aerobics 8:30–9:15am			
	Open Swim 9:15–11:05am	Power Hour 11:05–12:00pm	Open Swim 9:15am– 11:05am	Power Hour 11:05–11:50am	Reach 10:00–11:05am	
	Aqua Arthritis 11:05–11:50am	Open Swim 12:00pm– 7:45pm	Aqua Arthritis 11:05–11:50am	Open Swim 11:50am– 7:45pm	Aqua Arthritis 11:05–11:50am	
	Open Swim 11:50am– 7:45pm		Open Swim 11:50am –6:00pm		Open Swim 11:50am–7:45pm	
			Power Hour 6:00pm–6:55pm			
			Open Swim 7:00pm–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 1: 4/14/24–4/21/24 April Break

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