



# POOL HOURS

## MONDAY

5:30 am – 7:00am	Lap Swim {Adults}
8:30 am – 9:30 am	Walkin' & Talkin'/Lap Swim
9:30 am – 10:30 am	Water Fitness/Lap Swim
10:30 am – 1:00 pm	Lap Swim {Adults}
5:00 pm – 7:00 pm	Lap Swim {Adults}
5:30 pm – 6:15 pm	ZUMBAqua

## TUESDAY

11:30 am – 1:00 pm	Lap Swim {Adults}
4:00 pm – 7:00 pm	Lap Swim/Family Swim
4:30 pm – 5:15 pm	Deep Water Aerobics
5:30 pm – 6:15 pm	Deep Water Aerobics

## WEDNESDAY

5:30 am – 7:00 am	Lap Swim {Adults}
8:30 am – 9:30 am	Walkin' & Talkin'/Lap Swim
9:30 am – 10:30 am	Water Fitness/Lap Swim
10:30 am – 1:00 pm	Lap Swim {Adults}
5:00 pm – 6:30 pm	Lap Swim {Adults}
5:30 pm – 6:15 pm	ZUMBAqua

## THURSDAY

11:30 am – 1:00 pm	Lap Swim {Adults}
4:00 pm – 7:00 pm	Lap Swim/Family Swim
4:30 pm – 5:15 pm	Deep Water Aerobics
5:30 pm – 6:15 pm	Deep Water Aerobics

## FRIDAY

5:30 am – 7:00 am	Lap Swim {Adults}
8:30 am – 9:30 am	Walkin' & Talkin'/Lap Swim
9:30 am – 10:30 am	ZUMBAqua/Lap Swim
10:30 am – 1:00 pm	Lap Swim {Adults}

## SATURDAY

## SUNDAY

9:00 am – 12:00 pm	Family Swim / Lap Swim	2:00 – 4:00 pm	Family Swim / Lap Swim
9:30 – 10:15 am	Deep Water Aerobics		

8/23/11