



WATER SCHEDULE

JANUARY - FEBRUARY

EXERCISE POOL

TOTAL LENGTH = 20 YARDS • 44 LAPS (88 LENGTHS) = 1 MILE

87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADULT SWIM 4:00am-9:00am	ADULT SWIM 4:00am-5:15am	ADULT SWIM 4:00am-10:00am	ADULT SWIM 4:00am-8:55am
WATER BOOT CAMP ★● 9:15am-10:00am	WATER ★ 5:15am-6:10am	WATER ★ 10:00am-10:55am	TABATA IN THE POOL ★● 9:00am-9:45am
ADULT SWIM 10:00am-11:00am	ADULT SWIM 6:10am-11:00am	OPEN SWIM 11:00am-4:00pm	WATER ★ 10:00am-10:55am
WATER ★ 11:00am-11:55am	JOINT EFFORT ★ 11:00am-11:55am	SWIM LESSONS ★● 4:00pm-5:05pm	OPEN SWIM 11:00am-4:00pm
SWIM LESSONS ★● 12:05pm-12:35pm	OPEN SWIM 12:00pm-4:00pm	TABATA IN THE POOL ★● 5:10pm-5:55pm	ADULT SWIM 4:00pm-5:00pm
OPEN SWIM 1:00pm-6:00pm	SWIM LESSONS ★● 4:30pm-7:00pm	AQUA ZUMBA® ★ 6:00pm-6:55pm	SWIM LESSONS ★● 5:10pm-7:10pm
AQUA ZUMBA® ★ 6:15pm-7:10pm	ADULT SWIM 7:15pm-8:30pm	ADULT SWIM 7:00pm-8:30pm	ADULT SWIM 7:15pm-8:30pm
ADULT SWIM 7:15pm-8:30pm	SATURDAY	SUNDAY	NOTES
FRIDAY	ADULT SWIM 6:30am-8:00am	ADULT SWIM 6:30am-8:25am	<p>★ No swimming the pool is reserved for classes. ▲ Limited lane availability. ● Registration and/or additional fee may apply. <i>*Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.</i></p>
ADULT SWIM 4:00am-9:30am	WATER ★ 8:00am-8:55am	WATER YOGA ★ 8:30am-9:15am	
AQUA ZUMBA® ★ 9:30am-10:25am	AQUA ZUMBA® ★ 9:05am-10:00am	ADULT SWIM 9:30am-11:00am	
WATER POWER ★ 10:30am-11:25am	SWIM LESSONS ★● 10:10am-11:55am	OPEN SWIM 11:00am-4:30pm	
ADULT SWIM 11:30am-1:00pm	OPEN SWIM 12:00pm-4:00pm	ADULT SWIM 4:30pm-5:30pm	
OPEN SWIM 1:00pm-7:00pm	ADULT SWIM 4:00pm-5:30pm		
ADULT SWIM 7:00pm-8:00pm			

EXERCISE POOL WORKSHOPS

January 12 • 9-9:45am
Make Up Class:
Water Bootcamp

January 28 • 10-11am
Pool Games Challenge

January 31 • 5:15-6pm
Water Bootcamp

LAP POOL

TOTAL LENGTH = 25 YARDS • 35 LAPS (72 LENGTHS) = 1 MILE

80°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADULT SWIM 4:00am-8:30pm	ADULT SWIM 4:00am-5:00pm	ADULT SWIM 4:00am-8:30pm	ADULT SWIM 4:00am-5:45am
	ADULT LEARN TO SWIM ●▲ 5:00pm-6:00pm		GLIDE FIT ★● 5:45am-6:40am
	ADULT SWIM 6:00pm-8:30pm	SUNDAY	ADULT SWIM 7:00am-8:30pm
FRIDAY	SATURDAY	ADULT SWIM 6:30am-4:30pm	
ADULT SWIM 4:00am-7:30pm	ADULT SWIM 6:30am-5:30pm	SWIM CLUB ★● 4:30pm-5:30pm	