



# WATER SCHEDULE

## SEPTEMBER - OCTOBER

### EXERCISE POOL

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

87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>ADULT SWIM</b> 4:00am-9:00am	<b>ADULT SWIM</b> 4:00am-5:15am	<b>ADULT SWIM</b> 4:00am-10:00am	<b>ADULT SWIM</b> 4:00am-8:55am
<b>WATER BOOT CAMP</b> ★● 9:15am-10:00am	<b>WATER</b> ★ 5:15am-6:10am	<b>WATER</b> ★ 10:00am-10:55am	<b>TABATA IN THE POOL</b> ★● 9:00am-9:45am
<b>ADULT SWIM</b> 10:00am-11:00am	<b>ADULT SWIM</b> 6:10am-11:00am	<b>OPEN SWIM</b> 11:00am-4:00pm	<b>WATER</b> ★ 10:00am-10:55am
<b>WATER</b> ★ 11:00am-11:55am	<b>JOINT EFFORT</b> ★ 11:00am-11:55am	<b>SWIM LESSONS</b> ★● 4:00pm-5:10pm	<b>OPEN SWIM</b> 11:00am-4:00pm
<b>ADULT SWIM</b> 12:00pm-1:00pm	<b>OPEN SWIM</b> 12:00pm-4:00pm	<b>TABATA IN THE POOL</b> ★● 5:10pm-5:55pm	<b>ADULT SWIM</b> 4:00pm-5:00pm
<b>OPEN SWIM</b> 1:00pm-6:00pm	<b>SWIM LESSONS</b> ★● 4:30pm-7:15pm	<b>AQUA ZUMBA®</b> ★ 6:00pm-6:55pm	<b>SWIM LESSONS</b> ★● 5:10pm-7:15pm
<b>AQUA ZUMBA®</b> ★ 6:15pm-7:10pm	<b>ADULT SWIM</b> 7:30pm-8:30pm	<b>ADULT SWIM</b> 7:00pm-8:30pm	<b>ADULT SWIM</b> 7:30pm-8:30pm
<b>ADULT SWIM</b> 7:10pm-8:30pm	SATURDAY	SUNDAY	<b>NOTES</b> ★ No swimming the pool is reserved for classes. ● 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>
FRIDAY	<b>ADULT SWIM</b> 6:30am-8:00am	<b>ADULT SWIM</b> 6:30am-8:25am	
<b>ADULT SWIM</b> 4:00am-8:15am	<b>WATER</b> ★ 8:00am-8:55am	<b>WATER YOGA</b> ★ 8:30am-9:15am	
<b>WATER</b> ★ 8:15am-9:10am	<b>AQUA ZUMBA®</b> ★ 9:05am-10:00am	<b>ADULT SWIM</b> 9:30am-11:00am	
<b>AQUA ZUMBA®</b> ★ 9:30am-10:25am	<b>SWIM LESSONS</b> ★● 10:10am-12:10pm	<b>OPEN SWIM</b> 11:00am-4:00pm	
<b>ADULT SWIM</b> 10:30am-1:00pm	<b>OPEN SWIM</b> 12:30pm-4:00pm	<b>ADULT SWIM</b> 4:00pm-5:30pm	
<b>OPEN SWIM</b> 1:00pm-6:00pm	<b>ADULT SWIM</b> 4:00pm-5:30pm		
<b>ADULT SWIM</b> 6:00pm-7:30pm			

### WORKSHOPS

Friday, September 24 • 6pm  
Poolates  
Friday, October 29 • 6pm  
Aqua Glowstick Party

### LAP POOL

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

80°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>ADULT SWIM</b> 4:00am-8:30pm	<b>ADULT SWIM</b> 4:00am-6:15pm	<b>ADULT SWIM</b> 4:00am-8:30pm	<b>ADULT SWIM</b> 4:00am-5:45am
	<b>SWIM LESSONS</b> ★● 6:30pm-7:25pm		<b>GLIDE FIT</b> ★● 5:45am-6:30am
	<b>ADULT SWIM</b> 7:30pm-8:30pm		<b>ADULT SWIM</b> 7:00am-8:30pm
		SUNDAY	
		<b>ADULT SWIM</b> 6:30am-4:30pm	
		<b>SWIM LESSONS</b> ★● 4:30pm-5:30pm	
FRIDAY	SATURDAY		
<b>ADULT SWIM</b> 4:00am-7:30pm	<b>ADULT SWIM</b> 6:30am-5:30pm		