

ADULT SWIM

This time is for adults, 16 years and older, interested in water walking or lap swimming.

OPEN SWIM

This time is for all individuals and supervised children are welcome.

SWIM LESSONS

Lessons for children of all ages. Registration required.

TIDAL WAVE BOOT CAMP

Make a splash in Tidal Wave as you transition from water to land (pool deck) and back. This progressive class will challenge you in all aspects of cardio, strength and beyond. Registration required.

WATER

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

WATER FUSION

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

WATER POWER

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

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WATER SCHEDULE



EXERCISE POOL

Total Length = 16 yards • 27.5 laps (55 lengths) = 1/2 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00am-8:30am Adult Swim	12:00am-8:30am Adult Swim	12:00am-8:30am Adult Swim	8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	12:00am-8:30am Adult Swim
8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	8:30am-9:25am ★ Water Fusion
9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	11:00am-7:00pm Open Swim	11:00am-8:00pm Open Swim	9:30am-12:15pm ★● Swim Lessons
11:00am-6:30pm Open Swim	11:00am-5:00pm Open Swim	11:00am-6:30pm Open Swim	5:30pm-6:30pm ★● Tidal Wave Boot Camp	8:00pm-11:59pm Adult Swim	12:30pm-8:00pm Open Swim
6:30pm-7:25pm ★ Water Power	5:00pm-6:15pm ★● Swim Lessons	6:30pm-7:25pm ★ Water Power	7:00pm-12:00am Adult Swim		
7:30pm-12:00am Adult Swim	7:30pm-12:00am Adult Swim				
					SUNDAY
					6:00am-10:00am Adult Swim
					10:00am-8:00pm Open Swim
					8:00pm-12:00am Adult Swim

PLEASE NOTE

- ◆ Indicates *Infant Swim Resource* may occur.
- ★ Indicates No Swimming – the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.