


# Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Adult Fitness Swim 5:00am - 6:00am	Adult Lap Swim 5:00am - 6:00am		Adult Lap Swim 5:00am - 6:00am		<b>Facility Closed</b>	
5:30							
6:00	Water Aerobics with Annette 6:00am-7:00am	Water Aerobics with Annette 6:00am-7:00am	Adult Fitness Swim 5:00am - 8:00am	Water Aerobics with Annette 6:00am-7:00am	Adult Fitness Swim 5:00am - 8:00am	Adult Fitness Swim 7:00am-8:00am	
6:30							
7:00	Adult Fitness Swim 7:00am-8:00am	Adult Lap Swim 7:00am-9:00am		Adult Lap Swim 7:00am-9:00am		Adult Lap Swim 7:00am-10:00am	
7:30							
8:00	Water Aerobics with Corita 8:00am-9:00am		Water Aerobics with Corita 8:00am-9:00am		Water Aerobics with Corita 8:00am-9:00am	Water Aerobics with Annette / Kimberly 8:00am-9:00am	
8:30							
9:00	Water Aerobics with Nancy 9:00am-10:00am	Water Aerobics with Kathy/Nancy 9:00am-10:00am	Water Aerobics with Corita 9:00am-10:00am	Water Aerobics with Kathy/Corita 9:00am-10:00am	Water Aerobics with Nancy 9:00am-10:00am	Water Aerobics with Annette / Kimberly 9:00am-10:00am	
9:30							
10:00	Water Aerobics with Nancy 10:00am-11:00am	Water Aerobics with Kathy/Nancy 10:00am-11:00am	Water Aerobics with Nancy 10:00am-11:00am	Water Aerobics with Kathy/Corita 10:00am-11:00am	Water Aerobics with Nancy 10:00am-11:00am	Adult Fitness Swim 10:00am-12:00pm	
10:30							
11:00	Adult Fitness Swim 11:00am-12:00pm	Adult Fitness Swim 11:00am-12:00pm	Adult Fitness Swim 11:00am-12:00pm	Adult Fitness Swim 11:00am-12:00pm	Adult Fitness Swim 11:00am-12:00pm	Adult Fitness Swim 10:00am-3:00pm	
11:30							
12:00	Adult Lap Swim 12:00pm-3:00pm		Adult Lap Swim 12:00pm-2:00pm		Adult Lap Swim 12:00pm-3:00pm	Family Swim 12:00pm-3:00pm Lifeguard on Duty	
12:30							
1:00						Adult Fitness Swim 10:00am-3:00pm	
1:30							
2:00	Potential Pool Maintenance 2:00pm-3:00pm	Adult Fitness Swim 12:00pm-6:15pm	Whirlpool Drain and Clean 11:00am-3:00pm	Adult Fitness Swim 12:00pm-6:15pm	Potential Pool Maintenance 2:00pm-3:00pm	Adult Fitness Swim 3:00pm-5:00pm	
2:30							
3:00	Family Swim 3:00pm-6:15pm Lifeguard on Duty		Adult Fitness Swim 3:00pm-6:15pm			Adult Fitness Swim 3:00pm-6:30pm	
3:30							
4:00						Family Swim 3:00pm-6:30pm Lifeguard on Duty	
4:30							
5:00						Family Swim 5:00pm-9:00pm Lifeguard on Duty	
5:30							
6:00	Water Aerobics with Kathy 6:00 pm - 7:00 pm	Water Aerobics with Robin 6:00 pm - 7:00 pm	Water Aerobics with Kathy 6:00 pm - 7:00 pm	Water Aerobics with Celia 6:00 pm - 7:00 pm		<b>Facility Closed</b>	
6:30							
7:00						<b>Facility Closed</b>	
7:30							
8:00						 <b>GOLD'S GYM</b> <i>Change your body - Change your life!</i>	
8:30	Adult Fitness Swim 7:15pm-10:30pm	Adult Fitness Swim 7:15pm-10:30pm	Adult Fitness Swim 7:15pm-10:30pm	Adult Fitness Swim 7:15pm-10:30pm			
9:00						Adult Fitness Swim 9:00pm-10:30pm	
9:30							
10:00						Adult Fitness Swim 9:00pm-10:30pm	
10:30							

THIS SCHEDULE IS SUBJECT TO CHANGE

# Pool Schedule

**Adult Lap Swim:** No Lifeguard on duty. The pool is available to anyone 13+ old. This session is designated for lap swim only. Please abide by posted pool rules

**Adult Fitness Swim:** No Lifeguard on duty. This is an open fitness swim for anyone 13+ years of age. Please abide by posted pool rules.

**Family Swim:** Lifeguard on duty. A great opportunity for all ages to come and enjoy the pool.

**Water Aerobics:** A great way to cross train, rehabilitate an injury, workout and have fun, while still enjoy the benefit of a low impact light intensity activity. Discover how water resistance can, elevate heart rate, increase strength, and endurance. All levels are welcome. \*Note the policy on bottom of page\*

## **POOL POLICY**

If there are **15** or fewer participants in a water aerobics class then the lap lane **ONLY** will remain OPEN for swimmers outside of the class. If there are **16 or more** participants, than the pool will be solely used for Water Aerobics!