


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		Facility Closed		
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			
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 Fitness Swim 7:00am-8:00am	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						Water Aerobics with Annette / Kimberly 9:00am-10:00am		
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			
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	Adult Fitness Swim 10:00am-3:00pm	
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			
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								
1:30								
2:00	Potential Pool Maintenance 2:00pm-3:00pm	Adult Fitness Swim 12:00pm-6:15pm	Potential Pool Maintenance 11:00am-3:00pm	Adult Fitness Swim 12:00pm-10:30pm	Potential Whirl Pool Maintenance 12:00pm-4:00pm			
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-5:00pm	Adult Fitness Swim 3:00pm-6:30pm	Family Swim 3:00pm-6:30pm Lifeguard on Duty	
3:30								
4:00								
4:30								
5:00								
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 Nancy 6:00 pm - 7:00 pm	Family Swim 5:00pm-9:00pm Lifeguard on Duty			
6:30								
7:00						Facility Closed		
7:30								
8:00						 GOLD'S GYM <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								
9:30					Adult Fitness Swim 9:00pm-10:30pm			
10:00								
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!