

# Aquatic Schedule

## Lap Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap swim</b> 10:00am-1:00pm	<b>Lap swim</b> 5:30am-7:30 am	<b>Lap Swim</b> 5:30am-4:15pm	<b>Lap swim</b> 5:30am-7:30 am	<b>Lap Swim</b> 5:30am-4:15pm	<b>Lap swim</b> 5:30am-7:30 am	<b>Lap Swim</b> 8am-1:00pm
<b>Open Swim</b> 1:00pm-5:30pm	<b>Aqua Fit</b> 7:30am-8:30am	<b>Swim Club</b> 4:15pm-5:15pm	<b>Aqua Fit</b> 7:30am-8:30am	<b>Swim Club</b> 4:15pm-6pm	<b>Aqua Fit</b> 7:30am-8:30am	<b>Open Swim</b> 1:00pm-5:30pm
	<b>Lap swim</b> 8:30am-4pm	<b>Lap Swim</b> 5:15pm-8pm	<b>Lap swim</b> 8:30am-4pm	<b>Deep Water Aquarobics</b> 6pm - 7pm	<b>Lap swim</b> 8:30am-6:30pm	
	<b>Swim Club</b> 4:15pm-5:15pm		<b>Swim Club</b> 4:15pm-5:15pm	<b>Lap Swim</b> 7pm-8pm		
	<b>Lap swim</b> 5:15pm-8pm		<b>Lap swim</b> 5pm-8pm			

## Leisure Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Swim</b> 10:00-10:30	<b>Lap swim</b> 5:30am-8:45am	<b>Lap Swim</b> 5:30am-8:30am	<b>Lap swim</b> 5:30am-8:45am	<b>Lap Swim</b> 5:30am-10am	<b>Lap swim</b> 5:30am-8:45am	<b>Lap Swim</b> 8am-9am
<b>Aqua Zumba</b> 10:30-11:30	<b>Group Swim</b> 8:45am-3:30pm	<b>Swim Lessons</b> 8:30am-11:30am	<b>Aqua Strength &amp; Flex</b> 8:45am-9:45am	<b>Group Swim</b> 10:00am-4:00pm	<b>Aqua Strength &amp; Flex</b> 8:45am-9:45am	<b>Swim Lessons</b> 9:00am-12:00pm
<b>Group Swim</b> 11:30-12:00	<b>Open Swim</b> 3:30pm-8:00pm	<b>Group Swim</b> 11:30am-4:00pm	<b>Group Swim</b> 9:45am-3:30pm	<b>Swim Lessons</b> 4pm-6pm	<b>Group Swim</b> 9:45am-3:30pm	<b>Open Swim</b> 12:00pm-5:30pm
<b>Open Swim</b> 12:00pm-5:30pm		<b>Swim Lessons</b> 4pm-6pm	<b>Open Swim</b> 3:30pm-8:00pm	<b>Open Swim</b> 6pm-8pm	<b>Open Swim</b> 3:30pm-6:30pm	
		<b>Aqua Yoga</b> 6pm-7:15pm				
		<b>Open Swim</b> 6pm-8pm				

## Hot Tub Scheule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hot Tub</b> 10:00pm-5:30pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am-8pm	<b>Hot Tub</b> 5:30am - 6:30pm	<b>Hot Tub</b> 8:00am-5:30pm

The vortex and current channel may be open limited times Monday through Thursday from 3:30pm-8 pm, and the slide, vortex, and current channel may be open limited times Sunday through Saturday 1pm-5pm and only when enough lifeguards are on duty. \*\*\*On Tuesday and Thursdays features will be turned off from 4pm-6pm for swim lessons\*\*\*

\*\*\*Due to fluxuating attendance for Aqua Yoga, only a portion of the leisure pool will be available during tuesday evening open swim\*\*\*

Saturdays mornings 8:30 am- 12pm, Tuesdays and Thursdays afternoons 4pm-6pm, we may have group swimming lessons in the Leisure and/or Lap Pools. Pool space may be limited during this time for other swimmers.

**Aqua Strength & Flex:** Is geared to improve balance and mobility by working in the warmer water. This class taught in the Leisure Pool.

**AquaFit:** An active workout designed to improve aerobic fitness, strength and flexibility. This class is taught in the Lap Pool.

**Aqua Zumba:** blends the Zumba philosophy with water resistance. There is less impact on your joints so you can really let loose. It's like a Party in the Pool!!

**Swim Club** is designed for kids age 8-14 years old. There is an advance and beginner class. Must pass a tryout test before registering for this class. During this time, the Lap Pool is reduced to one lap lane.

**Lap swim:** is for lap swimming and individual exercise for members. There are no lifeguards on duty during this time; therefore, any person under the age of 14 must be supervised by a responsible person.

**Hot Tub:** is for members. Please have permission from your physician and be in good health before entering. Any person under the age of 14 must have a responsible person in the room with them at all times while using the hot tub.

**Open Swim** is open to all members. At this time balls and toys are allowed in the pool along with the current channel, vortex and sometimes slide on if there is enough available staff.

**Group Swim:** is open to all members. There are no lifeguards on duty during this time. Therefore, any person under the age of 14 must have a responsible person in the room at all times. Use of any toys or equipment should be returns to their proper place.

**Swim Lessons:** During swim lesson time, the leisure pool is closed to all other activity other than personal water exercise and lap swimming as long as it doesn't interfere with the classes. One lane of the lap pool will be closed during this time for our higher level classes. You may register at the front desk for swim lessons

\*Please note- we do occasionally have private swim lessons and classes that might necessitate the need to close a lap lane in the pool. Please be courteous to your other lap lane swimmers and share the lanes available. For any more information, question or comments you can contact our Aquatic Coordinator Ashley at Ashley@mtparkhoa.com or call 503-635-3561