



POOL SCHEDULE

MON

TUE

WED

THU

FRI

SAT

7:15-8:15a

Aqua Fit

Lap pool

4:00-6:00p

Swim Lessons

Lap Pool Lane 1

7:15-8:15a

Aqua Fit

Lap pool

4:00-6:00p

Swim Lessons

Lap Pool Lane 1

7:15-8:15a

Aqua Fit

Lap pool

8:30-11:30a

Swim Lessons

Lap Pool Lane 1

8:30-9:30a

**Aqua
Strength**

Leisure Pool

5:00-5:30p

Swim Lessons

Lap Pool (all lanes)

9:30-10:30a

Aqua Yoga

Leisure Pool

5:00-5:30p

Swim Lessons

Lap Pool (all lanes)

8:30-9:30

Aqua Yoga

Leisure Pool

9:30-10:00a

Swim Lessons

Lap Pool (all lanes)

4:00-6:00p

Swim Lessons

Leisure Pool

10:45a-11:45a

Water Walking

Leisure Pool

4:00-6:00p

Swim Lessons

Leisure Pool

1:00p-2:00p

Water Walking

Leisure Pool

8:30-11:30a

Swim Lessons

Leisure Pool

Lap Pool

Leisure Pool

4:30-6:30p

Swim Lessons

Lap Pool Lane 1

6:15-7:15p

**Deep Water
Aerobics**

Lap Pool

[Pre-register for classes](#) and lap lanes

Open swim and lane reservations available during swim lessons

During all swim lessons, the area of the leisure pool will be open for open swim. Lanes 2 & 3 are available for reservations during most swim lessons.

Pool Hours

Open Swim available all hours without a Group Exercise class

Monday - Thursday: 6:00 AM - 7:30 PM

Friday: 6:00 AM - 6:30 PM

Saturday: 8:00 AM - 3:30 PM

Sunday: 10:00 AM - 2:30 PM



AQUATIC GROUP EXERCISE CLASSES

Aqua Fit

An active workout designed to improve aerobic fitness, strength, and flexibility. Class taught in the Lap Pool.

Aqua Strength

This class is geared to improve balance and mobility by working out in warmer water. Class taught in Leisure Pool.

Aqua Yoga

An active workout designed to improve balance, strength, and flexibility. Class taught in the Leisure Pool.

Deep Water Aerobics

This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on hips or knees. Taught in the Lap Pool.