

























- ◆ Aqua Classes are free to members.
- ◆ Aquatic Instructors class teaching schedules vary
- ◆ Feb 9th Peak Waves Swim Meet Pool Closed 6pm-8pm
- ◆ March 3rd the Pools will be closing at 4:45 for the Member Party

- ◆ DIVING NOT ALLOWED
- ◆ No Water Wings
- ◆ Please return equipment to storage racks.
- ◆ Blue float belts are for adult swimmers only.
- ◆ Parents must be in the same pool with children ages 7 and under.

Adult Only Hours ~ 5:00pm - 7:00pm ~ Mon - Thurs
Please see schedule for details
 We ask that you refrain from bringing children ages 13 and under into the Rec pool area between the hours of 5-7pm Monday through Thursday. We reserve this time for our adult members. Children taking lessons or participating in programs are an exception.

Schedule Subject to Change  Lap Swim  Open Swim  Adult Only Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	 5:00-6:00 LAP SWIM		 5:00-6:00 LAP SWIM		 5:00-6:00 LAP SWIM	Closed	
5:30am		LAP SWIM		LAP SWIM			
6:00am	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes)	Swim Team 6am-7am (2 lanes)	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes)	Swim Team 6am-7am (2 lanes)	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes)		
6:30am							
7:00am		5:00 am to 1:00 pm		5:00 am to 1:00 pm		6:00 - 11:00	6:00 - 11:00
7:30am							
8:00am	7:00-10:00 LAP SWIM		7:00-10:00 LAP SWIM		7:00-10:00 LAP SWIM	LAP SWIM	LAP SWIM
8:30am							
9:00am		10:10 - 11:00 Aqua Motion (4 lanes)		10:10 - 11:00 Aqua Motion (4 lanes)		"Waves" Swim Team 9-10:30 2 lanes	LAP SWIM
9:30am							
10:00am	10:10 - 11:00 Aqua Motion (4 lanes)		10:10 - 11:00 Aqua Motion (4 lanes)		10:10-11:00 Aqua Motion (4 lanes)	LAP SWIM	LAP SWIM
10:30am							
11:00am	11:00 to 1:00		11:00 to 1:00		11:00 to 1:00		
11:30am							
12:00pm	Lap Swim	LAP SWIM	Lap Swim	LAP SWIM	Lap Swim	Laps Swim	Laps Swim
12:30pm							
1:00pm						Open Swim	Open Swim
1:30pm							
2:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	11:30 - 8:45	12:00 - 8:45
2:30pm	1:00 - 3:45	1:00 - 3:45	1:00 - 3:00	1:00 - 3:45	1:00 - 3:45		
3:00pm						Laps Swim	Laps Swim
3:30pm							
4:00pm	3:45 - 5:45	3:45 - 6:00	3:45 - 5:45	3:45 - 6:00	3:45 - 5:45	"Waves" Swim Team	"Waves" Swim Team
4:30pm	"Waves" Swim Team (all lanes)	"Waves" Swim Team (all lanes)	"Waves" Swim Team (all lanes)	"Waves" Swim Team (all lanes)	"Waves" Swim Team (all lanes)		
5:00pm						Adult Only	Adult Only
5:30pm							
6:00pm	5:45 - 7:00 "Waves" Swim Team (2 Lanes)	5:45 - 6:45 H ₂ O Challenge (3 lanes)	5:45 - 7:00 "Waves" Swim Team (2 Lanes)	5:45 - 6:45 H ₂ O Challenge (3 lanes)	6:00 - 8:00 "Waves" Swim Team (2 Lanes)	5:45 - 7:00 Lap Swim (All Lanes) Adult Only	
6:30pm		6:00 - 8:00 "Waves" Swim Team (2 Lanes)			5:45 - 7:00 Lap Swim (4 Lanes)		
7:00pm		Adult Only					Laps Swim
7:30pm							