














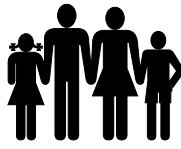














- ◆ Aqua Classes are free to members.
- ◆ Aquatic Instructors class teaching schedules vary
- ◆ The Warm Pool is adult only Mon-Thur
- ◆ Feb 13th Pool will be closed 6:45-8pm for Instructor Training
- ◆ March 3rd the Pools will be closing at 4:45 for the Member Party

- ◆ DIVING NOT ALLOWED
- ◆ No Water Wings
- ◆ Please return equipment to storage racks.
- ◆ Blue float belts are for adult swimmers only.
- ◆ A lift is available for access to the Warm or Rec Pool. Please arrange assistance with Aquatics Staff.
- ◆ Parents must be in the same pool with children ages 7 and under.

Adult Only Hours ~ Mon - Thur
Please see schedule for details
 We ask that you refrain from bringing children ages 13 and under into the warm pool area Monday through Thursday. We reserve this time for our adult members. Children taking lessons or participating in programs are an

Schedule Subject to Change

 Lessons
  Open Swim
  Adult Only Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am						Closed	
5:30am							
6:00am							
6:30am	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	
7:00am	5:00 - 9:00	5:00 - 8:00	5:00 - 9:00	5:00 - 8:00	5:00 - 9:00	6:00 - 8:30	
7:30am		8:00-8:50 Arthritis Workout		8:00-8:50 Arthritis Workout			
8:00am							
8:30am							
9:00am	9:00 - 9:50 Arthritis Workout	 Swim Lessons 9-11	9:00 - 9:50 Arthritis Workout	 Swim Lessons 9-11	9:00 - 9:50 Arthritis Workout		
9:30am							
10:00am	10:00 - 10:50 Arthritis Workout	 10:00 - 10:50 Arthritis Workout	10:00 - 10:50 Arthritis Workout	 10:00 - 10:50 Arthritis Workout	10:00 - 10:50 Arthritis Workout		
10:30am							
11:00am	11:10 - 12:00 Arthritis Workout	Adult Only Swim	11:10 - 12:00 Arthritis Workout	Adult Only Swim	11:10 - 12:00 Arthritis Workout		
11:30am							
12:00pm		11:00 - 12:30		11:00 - 12:30	Adult Only Swim	Open Swim	Open Swim
12:30pm		12:30 - 1:20 Arthritis Workout		12:30 - 1:20 Arthritis Workout	12:00 - 1:30		
1:00pm							
1:30pm	Adult Only Swim	1:30 - 2:20 Arthritis Workout	Adult Only Swim	1:30 - 2:20 Arthritis Workout			
2:00pm							
2:30pm		Adult Only Swim		Adult Only Swim			
3:00pm		2:20 - 4:00		2:20 - 3:30			
3:30pm	12:00 - 5:40		12:00 - 5:40	Open Swim	1:30 - 9:45		
4:00pm							
4:30pm		 Swim Lessons 4 - 7:30		 Swim Lessons 4 - 6	Open Swim		
5:00pm							
5:30pm	AquaFit		AquaFit				
6:00pm	5:40 - 6:30		5:40 - 6:30				
6:30pm							
7:00pm							
7:30pm							

Open Swim

Open Swim

6:00 am to 8:45 pm

8:30 AM to 8:45 PM