



Pool Schedule

Dec 30-Jan 5, 2020

OPEN NEW YEARS 12-5

Fall/Winter Hours

M-Thu: 5AM—8:45pm * Friday: 5AM— 7:45PM

Saturday: 6AM-5:45PM * Sunday: 6AM—4:00PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Sunday	
5:00 AM	5:00-8:00 Open/Lap	5:00-8:00 Open/Lap	5:00-8:00 Open/Lap	5:00-8:00 Open/Lap	5:00-8:00 Open/lap	Building Opens 6am	Building Opens 6am	5:00 AM
6:00 AM								6:00 AM
7:00 AM			CLOSED			6:00-9:00am Open/Lap	6:00am-9:00am Open/Lap	7:00 AM
8:00AM	See H2O Class Schedule	Deep Water	See H2O Class Schedule	AQUA YOGA 8:00-8:45	See H2O Class Schedule			8:00AM
9:00AM	9:00-10:30 Open/Lap	9:00-11:00	9:00-10:30 CLOSED	9:00-12:00 Open/Lap	9:00-10:30 CLOSED	9:00-11:15 Open/Lap	9:00-9:45 Aqua Yoga	9:00 AM
10:00 AM			10:30-12:00		10:30-12:00		1/5 and 1/19	10:00 AM
	10:30-12:00	9:45-10:30 Open/Lap	CLOSED		Open/Lap			
11:00 AM	Open/Lap			12:00-1:00 Open/Lap	12:00-1:00 Open/Lap	11:15-5:45 Open/Lap	9:45-4:00 Open/Lap	11:00 AM
12:00 PM		10:30-1:00 Open/Lap					Inflatables	12:00 PM
1:00 PM	12:00-2:00 CLOSED	12:00-3:00 CLOSED	12:00-5:00 Open/Lap	1:00-3:00 CLOSED	12:00-3:00 Open/Lap		1st and 3rd Sun 1-3p	1:00 PM
2:00 PM				3:00-5:15	3:00—4:00 CLOSED			2:00 PM
3:00 PM		3:00-6:00		CLOSED				3:00 PM
4:00 PM	2:00-5:00 Open/Lap	Open/Lap	4:15-5:00 Open/Lap		4:00-6:30		POOL CLOSED	4:00 PM
5.00 PM	5:15-6:00 Water Ex	5:15-6:00 CLOSED	5:15-6:00 Water Ex	5:15-6:00 2 Lap Lanes Aqua-Zumba	Open/Lap		4:00 PM	5:00 PM
6:00 PM	6:00-7:30 CLOSED	6:00-7:30 CLOSED	6:00-7:30 CLOSED	6:00-7:30 Open/lap	6:30-7:45 Open/Lap	CLOSED 5:45 pm		6:00 PM
7:00 PM	7:30-8:45 Open/Lap	7:30-8:45 CLOSED	7:30-8:45 Open/Lap	7:30-8:45 Open/Lap	7:45 PM			7:00 PM
8:00 PM	8:45 Pool Closed	8:45 Pool Closed	8:45 Pool Closed	8:45 Pool Closed	Pool Closed			8:00 PM

Fall/Winter Exercise Class Schedule Beginning 9/3/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	8:00– 9:00 Regular	8:00-8:45 Deep Water	8:00-9:00 Regular	8:00-8:45 Aqua Yoga	8:00-9:00 Regular		8:00 AM
2:00 PM	8:00-8:45 Deep Water Exercise		8:00-8:45 Deep Water Exercise		8:00-8:45 Deep Water Exercise	9-9:45 11/10 11/24 AQUA YOGA	2:00 PM
5:15 PM	5:15-6:00 AquaMotion		5:15-6:00 AquaMotion	5:15-6:00 Aqua-Zumba			5:15 PM

Regular Water Exercise– Come and experience exercise in the shallow end of the pool! No swimming ability is required. Use the water to your advantage and get great range of motion that you just can't get on land. Great Aerobic exercise!

Deep Water Exercise— Exercise in the deep end of the pool. The use of personal flotation devices are used so no swimming ability is required, but you should feel comfortable where you can not touch bottom. Full range of motion with strength and aerobic exercise!

Aqua Yoga-A unique yoga class on water mats!! Shallow and Deep end used. Great for Balance, core and flexibility.

Aqua Motion Exercise– Exercise to music in the shallow end and move to the deep end for a great mix of both exercise classes.

All Adults (both men and women!) are welcome to attend these free classes with your Y membership!