

During the HIGHLIGHTED TIMES, the pool is very busy. Recreational swimming is only available during Open Swim.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	<b>Non-Toilet Trained Children: The Health Department requires infants &amp; children to wear a swim diaper. We must close the pool for 8 hours in the event of an accident.</b>	
6:30 AM	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk		
7:00	<b>Water Aerob</b> Lap Swim	Lap Swim WaterWalk	<b>Water Aerob</b> Lap Swim	Lap Swim WaterWalk	<b>Water Aerob</b> Lap Swim	Stingrays Lap Swim	Lap Swim Water walk
7:30	<b>Water Aerob</b> Lap Swim	Lap Swim WaterWalk	<b>Water Aerob</b> Lap Swim	Lap Swim WaterWalk	<b>Water Aerob</b> Lap Swim	Stingrays Lap Swim	Lap Swim Water walk
8:00	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Lap Swim WaterWalk	Stingrays Lap Swim	Lap Swim Water walk
8:30	Lap Swim WaterWalk	<b>Arthritis (AFAP)</b> Lap Swim	Lap Swim WaterWalk	<b>Arthritis (AFAP)</b> Lap Swim	Lap Swim WaterWalk	Stingrays Lap Swim	Lap Swim Water walk
9:00	Lap Swim Lessons	<b>Arthritis (AFAP)</b> Lap Swim /Lessons	Lap Swim Lessons	<b>Arthritis (AFAP)</b> Lap Swim /Lessons	Lap Swim WaterWalk	Swim Lessons Lap Swim	Lap Swim Water walk
9:30	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap / Swim Lessons	<b>Water Aerob</b> Lap Swim
10:00	<b>Water Aerob</b> Lap Swim	<b>Water World</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap Swim	<b>Water Aerob</b> Lap / Swim Lessons	<b>Water Aerob</b> Lap Swim
10:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim WaterWalk	Swim Lessons Lap Swim	Lap Swim Open Swim
10:45		<b>Arthritis (AFAP)</b>		<b>Arthritis (AFAP)</b>			
11:00	Lap Swim	<b>(AFAP)</b> Lap Swim	Lap Swim	<b>(AFAP)</b> Lap Swim	Lap Swim WaterWalk	Swim Lessons Lap Swim	Lap Swim Open Swim
11:30	Lap Swim	Lap Swim Open Swim	Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Swim Lessons Lap Swim	Lap Swim Open Swim
12:00 PM	Swim Lessons Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Swim Lessons Lap Swim	Lap Swim Open Swim
12:30	Swim Lessons Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Lap Swim Open Swim	Swim Lessons Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim
12:45	<b>Water Aerob</b>	Lap Swim Open Swim	<b>Water Aerob</b>	Lap Swim Open Swim	<b>Water Aerob</b>		
1:00	<b>Water Aerob</b> Lap Swim / Lessons	Lap Swim Open Swim	<b>Water Aerob</b> Lap Swim / Lessons	Lap Swim Open Swim	<b>Water Aerob</b> Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim
1:30	<b>Water Aerob</b> Lap Swim	Lap Swim Open Swim	<b>Water Aerob</b> Lap Swim	Lap Swim Open Swim	<b>Water Aerob</b> Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim
2:00	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
2:30	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim
3:00	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
3:30	Stingrays Lap Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
4:00	Stingrays Lap Swim	Stingrays/Lessons Lap Swim	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
4:30	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stroke Clinic
5:00	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stingrays
5:30	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Stingrays
6:00	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Stingrays / Lessons Lap Swim	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
6:30	<b>Water Aerobics</b> Adult Lessons / Lap	<b>Water Aerobics</b>	<b>Water Aerobics</b> Lap Swim	<b>Water Aerobics</b>	Stingrays Lap Swim	Lap Swim Open Swim/Parties	Lap Swim Open Swim
6:45pm	<b>Water Aerobics</b> Lap Swim	<b>Water Aerobics</b>	<b>Water Aerobics</b> Lap Swim	<b>Water Aerobics</b>	Lap Swim	Lap Swim Open Swim	Pool Closed
7:30	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Lap Swim Open Swim	
7:45	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Pool Closed	
8:00	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	<b>Pool &amp; Class Schedule Subject To Change Without Notice!</b>	
8:30	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim	Stingrays Lap Swim	Lap Swim Open Swim		
9:45pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		

Instructors are Certified and /or experienced.

**Children are not permitted in the water aerobic area during classes!**

**Water Aerobics:** All fitness levels welcome. Uses various equipment including belts, weights, steps & noodles.

**Arthritis Foundation Aquatic Program (AFAP):** Designed to relax joints, increase flexibility, range of motion, muscular strength & overall  
Non-Member Fee for Arthritis Pass \$65-Senior, \$80-Non-Senior

**Classes are 1 hour in length**