



Aquatics Schedule

Winter 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*** Pool use times subject to change. Check for new schedules regularly! ***

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
* Lap Swim	8am-1pm	6am-9:45am, 10:30am-2pm, 6:00pm-8:45pm	6am-2:00pm 6:00pm-8:45pm	6am-9:45am, 10:45am-2pm, 7:45pm-8:45pm	6am-2pm, 6:00pm-8:45pm	6am-9:45am, 10:30am-2pm 7:40pm-8:45pm	7am-9am & 12pm – 4:45pm
				6:00pm-7:40pm		6pm-7:40pm	
Pool Programs		H2O EX 9:45-10:45am & Deep H2O EX 7-7:45pm Whalers 4:30pm-6pm	H2O Ex 9am-9:45am Lessons 4:00-5:30 pm, Whalers 4:30pm-6pm	H2O EX 9:45-10:45am Whalers 4:30pm-6pm Lessons 6pm-6:40pm Deep H2O EX 7-7:45pm	H2O EX 9am-9:45am Lessons 4:00pm-5:30 pm, Whalers 4:30pm-6:00pm	H2O EX 9:45-10:45am, Lessons 6pm-6:40pm	Lessons 9am-12pm
Adult Rec. Swim <i>(*Adults only!)</i>		6am-9am	6am-9am	6am-9am	6am-9am	6am-9am	
Family & Member Open Swim	8am-1pm	10:30am-2pm, 6pm-8:45pm <i>*Shallow end only from 7-7:45pm</i>	10:30am-2:00pm & 6pm-8:45pm	10:30am-2pm, 7:40pm-8:45pm	10:30am-2:00pm & 6:00pm-8:45pm	10:30am – 2pm 6pm – 8:45pm	7am-9am & 12pm-4:45pm
Groups share w/ Family Swim							Pool Parties 12pm-4 pm

* *Lap swim: slower pace please use the lane closest to the wall. Please circle swim as needed & keep to the right.*

On Monday, Wednesday and Fridays 9:45-10:45am the entire shallow end will be closed for programs, the deep end will be open for lap swimming and aqua jogging, using the width of the pool.