



May 2019 EXERCISE POOL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00 - 7:00 am	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Closed
7:00 - 8:00 am	Adult Only Open Use	Aqua Strength 6:15-6:45 & 8:30-9am	Adult Only Open Use	Aqua Strength 6:15-6:45 & 8:30-9am	Adult Only Open Use	Adult Only Open Use	Closed
8:00 - 9:00 am	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Adult Only Open Use	Swim Lessons 8:00 - 10:00 am	Closed
9:00 - 10:00 am	Water Dynamics 9:15 - 10:00am	S.P.A. strength, power, agility 9:15 - 10:00am	Aqua Mix 9:15 - 10:00am	Mind-Body-H2O 9:15 - 10:00am	Water Dynamics 9:15 - 10:00am		Closed
10:00 - 11:00 am	Adult Only Open Use	Aqua Strength 10:15-10:45	Adult Only Open Use	Aqua Strength 10:15-10:45	Adult Only Open Use	Adult Only Open Use	Closed
11:00 - 12:00 pm	Silver Fins 11:15 - 12:00pm	Adult Only Open Use	Silver Fins 11:15 - 12:00pm	Adult Only Open Use	Silver Fins 11:15 - 12:00pm	Family Fun Swim 11:00 - 2:30 pm	Closed
12:00 - 1:00 pm	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim		Closed
1:00 - 2:00 pm							Family Fun Swim 1:00 - 4:30 pm
2:00 - 3:00 pm							
3:00 - 4:00 pm	Swim Lessons 3:00 - 6:30 pm	Swim Lessons 3:00 - 5:30 pm	Swim Lessons 3:00 - 6:30 pm	Swim Lessons 3:00 - 5:30 pm	Family Fun Swim	Closed	
4:00 - 5:00 pm	Aqua Strength 6:30 - 7pm	AquaBata 5:30 - 6:16pm	Aqua Strength 6:30 - 7pm	AquaBata 5:30 - 6:16pm		Closed	
5:00 - 6:00 pm					Closed		
7:00 - 7:30 pm	Family Fun	Family Fun	Family Fun	Family Fun	Family Fun Swim	Closed	
7:30 - 8:30 pm	Family Fun	Family Fun	Family Fun	Family Fun		Closed	Closed
COLOR CODES	Aquatic Fitness Classes	Family Fun Swim	Swim Lessons	Adult Only			