

Main Pool Schedule

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool opens 8 am Lap Swim	Pool Opens 5:30 am Rental 2 lanes 5:30-6:45am Lap Swim 4 lanes	Pool Opens 5:30 am Lap Swim	Pool Opens 5:30 am Rental 2 lane 5:30-6:45am Lap Swim 4 lanes	Pool Opens 5:30 am Lap Swim	Pool Opens at 5:30 am Rental 2 lanes 5:30-6:45am Lap Swim 4 lanes	Pool opens 7 am Lap Swim
	Deep Water Workout MAX 12 9:15-10:05 am Meg	Deep Water Workout MAX 12 9:45-10:35 am Karen	Deep Water Workout MAX 12 9:15-10:05 am Meg	Deep Water Workout MAX 12 9:45-10:35 am Jamie	Deep Water Workout MAX 12 9:15-10:05 am Jamie	
Deep Water MAX 12 12:30- 1:20 pm Meg/Meghan	Lap Swim 10:05 am – 7:45 pm	Lap Swim 10:35 am- 7:30 pm	Lap Swim 10:05 am- 7:45 pm	Lap Swim 10:35 am- 6:30 pm	Lap Swim 10:05 am- 7:45 pm	Deep Water Workout MAX 12 11-11:50 am Megan
Open Swim 1:20-4:45pm						Open Swim 11:50-4:45pm
Pool closes 4:45 pm	Pool closes 7:45 pm	Rental 2 lanes 7:30-close Pool closes 7:45 pm	Pool closes 7:45 pm	Deep Water MAX 1 2 6:30-7:20 pm Megan Rental 2 lanes 7:30-close Pool closes 7:45 pm	Pool closes 7:45 pm	Pool Closes 4:45 pm

Therapy Pool Schedule

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens 8 am	Pool Opens 5:30 am	Pool Opens 5:30 am	Pool Opens 5:30 am	Pool Opens 5:30 am	Pool Opens 5:30 am	Pool Opens 7 am
	Open Swim & Physical Therapy (PT) 7-10:15 am	Open & Physical Therapy (PT) 7am-12pm	Open Swim & Physical Therapy (PT) 7-10:15am	Open & Physical Therapy (PT) 7am-12pm	Open Swim & Physical Therapy (PT) 7-10:15am	Open Swim*
	Aquacise Max 20 10:15-11:05 am Kim		Aquacise Max 20 10:15-11:05 am Kim		Aquacise Max 20 10:15-11:05 am	Swim Lessons 8:00-10:30 am
AiChi Max 14 11:15a- 12:05 pm Naomi	Open swim*		Open swim*		Open swim*	Open Swim 12-4:45p
Open Swim 2-4:45 pm	Agility/Stretch & Balance Max 14 11:30-12:20 pm Kim	Warm WaterMax 14 12 – 12:50 pm Karen	Agility/Stretch & Balance Max 14 11:30-12:20 pm Kim	Warm Water Max 14 12 – 12:50 pm	Agility/Stretch & Balance Max 14 11:30-12:20 pm Karen	
Pool Closes 4:45 pm	Open Swim* & PT 12:50-5:15pm	Open Swim* & PT 12:50-5:15pm	Open Swim* & PT 12:50-5:15 pm	Open Swim* & PT 12:50-5:15pm	Open Swim* 12:50- 5:15pm	Pool Closes 4:45 p.m.
	Aquatic Agility Max 14 5:30 – 6:20pm Naomi	Open Swim 5:15-7:45p	Open Swim 5:30 – 7:45pm	Aquatic Agility Max 14 5:30 – 6:20pm Naomi	Open Swim 5:15-7:45p	
	Open 6:20- 7:45p Pool closes 7:45 pm	Pool closes 7:45 pm	Pool closes 7:45 pm	Open 6:20- 7:45p Pool closes at 7:45pm	Pool closes 7:45 pm	

Pool Capacity = 14 during Open Swim
= 21 during Class
Open Swim = Respectful shared use for all ages

Ai Chi: (1) Gentle, relaxing water movement practice with the same benefits as other mind-body classes.

Aquacise (2) Low-impact class emphasizes toning, stretching, and cardiovascular conditioning. Uses both the shallow and deep parts of the pool.

Stretch & Balance (1,2) Emphasizes core strength through balance and stretching using all muscle groups. Taught in the warm water pool.

Warm Water (1,2) Increase core stability and endurance using the water's resistance. All members must wear a flotation belt in deep water.