

# Main Pool Schedule

## February 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 Megan	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

## February 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 Jamie	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	
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.

