

AQUATICS SCHEDULE Summer 2018: June 27th - August 26th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)
7:00 - 9:00 am	(4 Lanes)	6:00 - 9:00 am	(4 Lanes)	6:00 - 9:00 am	(4 Lanes)	7:00 - 9:00 am
Baby Belugas	6:00 - 9:00 am	Baby Belugas	6:00 - 9:00 am	Baby Belugas	6:00 - 9:00 am	Baby Belugas
9:00 - 9:30 am	Camp	9:00 - 9:30 am	Camp	9:00 - 9:30 am	Camp	9:00 - 9:30 am
Little Dippers	9:00 am - 10:30 am	Beth Israel	9:00 am - 10:30 am	Little Dippers	9:00 am - 10:30 am	Little Dippers
9:30 -10:00 am	Open Adult Swim	9:30 - 10:00 am	Open Adult Swim	9:30 - 10:00 am	Open Adult Swim	9:30 - 10:00 am
Big Fish 10:00 -10:30 am	(2 Lanes) 10:30 -11:00 am	Little Dippers 10:00 - 10:30 am	(2 Lanes) 10:30 -11:00 am	Big Fish 10:00 -10:30 am	(2 Lanes) 10:30 -11:00 am	Big Fish 10:00 -10:30 am
Family Swim		Big Fish		Tadpoles		
10:30 am - 12:00 pm	Aqua Aerobics	10:30 - 11:00 am	Aqua Aerobics	10:30 - 11:00 am		Adult Swim (4 Lanes)
Tadpoles / Sea Horses	11:00 am - 12:00 pm	Women Only (2 Lanes)	11:00 am - 12:00 pm	Women Only (2 Lanes)	Aqua Aerobics	10:30 - 11:30 am
12:00 - 12:30 pm		11:00 - 12:00 pm		11:00 - 12:00 pm	11:00 am - 12:00 pm	
Tadpoles / Otters	Lunch Time Lap Swim	Lunch Time Lap Swim	Lunch Time Lap Swim	Lunch Time Lap Swim		Big Fish
12:30 - 1:00 pm	(4 Lanes)	(4 Lanes)	(4 Lanes)	(4 Lanes)	Lunch Time Lap Swim	11.20 12.00 000
Dolphins / Sharks	12:00 - 2:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm	(4 Lanes)	11:30 - 12:00 pm
1:00 - 1:30 pm	Sirovich Swim Class	Tadpoles	Big Fish	Baby Belugas	12:00 - 2:00 pm	Otters / Sea Horses
Baby Belugas	2:00 - 2:30 pm	2:00 - 2:30 pm	2:00 - 2:30 pm	2:00 - 2:30 pm	Little Dippers	12:00 - 12:30 pm
1:30 - 2:00 pm	Baby Belugas	Big Fish	Baby Belugas	Swim Lessons	2:00 - 2:30 pm	Tadpoles
Little Dippers	2:30 - 3:00 pm	2:30 - 3:00 pm	2:30 - 3:00 pm	2:30 - 3:00 pm	Big Fish	12:30 - 1:00 pm
2:00 - 2:30 pm	Little Dippers	Camp	Little Dippers	Camp	2:30 - 3:00 pm	Baby Belugas
Adult Beginner Swim /	3:00 - 3:30 pm	3:00 - 3:30 pm	3:00 - 3:30 pm	3:00 - 3:30 pm	Tadpoles	1:00 - 1:30 pm
Adult Advanced Beginner Swim	Tadpoles / Seahorses	Tadpoles / Sea Horses	Tadpoles / Sea Horses	Other / Sea Horses	3:00 - 3:30 pm	Little Dippers
2:30 - 3:30 pm	3:30 - 4:00 pm	3:30 - 4:00 pm	3:30 - 4:00 pm	3:30 - 4:00 pm		1:30 pm - 2:00 pm
	Special Needs / Tadpoles	Sea Horses / Otters	Otters / Sea Horses	Dolphins / Sharks	Family Swim	Family Swim
Pool Rental	4:00 - 4:30 pm	4:00 - 4:30 pm	4:00 - 4:30 pm	4:00 - 4:30 pm	3:30 - 5:00 pm	2:00 - 4:00 pm
3:30 - 4:30 pm	Family Swim	Aqua Jets Swim Team	Family Swim	Aqua Jets Swim Team		
Family Swim	4:30 - 6:00 pm	4:30 - 5:30 pm	4:30 - 6:00 pm	4:30 - 5:30 pm		Special Needs (Age 4-7)
4:30 - 6:30 pm	Aqua Boot Camp	Family Swim	Aqua Cardio	Family Swim		4:00 - 4:30 pm
Women Only	6:00 - 7:00 pm	5:30 - 6:30 pm	6:00 - 7:00 pm	5:30 - 6:30 pm	Swim Lesson	Special Needs (Age 8-12)
(2 Lanes)	Family Swim	Adult Beginner Swim	Family Swim	Adult Beginner Swim	5:00 - 6:00pm	4:30 - 5:00 pm
6:30 - 7:30 pm	7:00 - 8:00 pm	6:30 - 7:30 pm	7:00 - 8:00 pm			Family Swim
	Adult Swim		Adult Beginner Swim /	6:30 - 7:30 pm	Adult Swim	5:00 - 7:00 pm
Adult Swim	(4 Lanes)	Adult Swim	Adult Advanced Beginner Swim	Adult Swim		Adult Swim
(4 Lanes)	8:00 - 9:30 pm	(4 Lanes)	8:00 - 9:00 pm	(4 Lanes)	(4 Lanes)	(4 Lanes)
7:30 - 9:00pm		7:30 - 9:30 pm	Adult Swim (4 Lanes)	7:30 - 9:30 pm	6:00 - 8:00 pm	7:00 - 8:00 pm
			9:00 - 9:30 pm			

Swim time for members are in the shaded boxes. For all other classes, please register at the front desk.

Pool Rules

Clients must shower before entering the swimming pool. Swim caps are required at all time.

Children under the age of 13 must be accompanied by adult.

Street shoes are not permitted on the pool deck, shower area and drying area.

No Diving and Running on the pool deck.

No Food or Glass Bottles on the pool deck or locker rooms

Backpacks and noodles are allowed during Family Swim. Kickboards, Buoys, Barbell and Dumbbells may not be used during Family Swim.

Circle Swimming during Women Only, Lap Swim & Adult Swim

No Swim Classes: 7/4