



AQUATICS SCHEDULE September 2018 - June 26, 2019

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