



AQUATICS SCHEDULE September 2019 - June 28, 2020

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		Baby Belugas 9:00 am - 9:30 am		Baby Belugas 9:00 am - 9:30 am
Little Dippers 9:30 am - 10:00 am	Open Adult Swim (2 Lanes) 10:00 am - 11:00 am	Little dippers 9:30 am - 10:00 am	Open Adult Swim (2 Lane) 9:30 am - 10:30 am	Little Dippers 9:30 am - 10:00 am	Open Adult Swim (2 Lanes) 10:00 am - 11:00 am	Little Dippers 9:30 am - 10:00 am
Big Fish 10:00 am - 10:30 am		Big Fish 10:00 am - 10:30 am		Pre-School 10:30 am - 11:00 am		Big Fish 10:00 am - 10:30 am
Family Swim 10:30 am - 12:00 pm	Aqua Aerobics 11:00 am - 12:00 pm	Tadpoles 10:30 am - 11:00 am	Aqua Aerobics 11:00 am - 12:00 pm	Tadpoles 10:30 am - 11:00 am	Aqua Aerobics 11:00 am - 12:00 pm	Adult Swim (4 Lanes) 10:30 am - 11:30 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		
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		Private Lesson 2:00 pm - 2:30 pm		Tadpoles 2:00 pm - 2:30 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		Special Needs (Aae 4-7) 2:00 pm - 2:30 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	Family Swim 5:00 pm - 6:00pm	Special Needs (Age 8-12) 2:30 pm - 3:00 pm
Family Swim 4:30 pm - 6:30 pm	Afterschool 5:30 pm - 6:00 pm					
Women Only (2 Lanes) 6:30 pm - 7:30 pm	Aqua Aerobics 6:00 pm - 7:00 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	Adult Swim (4 Lanes) 6:00 pm - 8:00 pm	Family Swim 3:00 pm - 6:30 pm
Adult Swim 7:30 pm - 8:30pm	Family Swim (4 Lanes) 7:00 pm - 8:00 pm	Adult Beginner Swim 6:30 pm - 7:30 pm	Family Swim 7:00 pm - 8:00 pm	Adult Beginner Swim / Adult Stroke Clinic 6:30 pm - 7:30 pm		Adult Swim 6:30 pm - 8:30pm
	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) 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