

# HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELL-BEING & FITNESS

### SUMMER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30– 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	5:30 – 8:30 am Lap Swim	7 – 11:00 am Lap Swim
	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	8:30 – 9:30 am 1/2 Open/ 1/2 Lap	8:30 – 10:00 am 1/2 Open/ 1/2 Lap	
9:00am – 12:00 pm Lap Swim	10:00 am – 11:00 am Water Exercise Deep Water	9:30 – 10:30 am OPEN SWIM	10:00 am – 11:00 am Water Exercise Deep Water	9:30 – 10:30 am OPEN SWIM	10:00 - 11:00 am Water Exercise Deep Water	11:00am – 2:45pm OPEN SWIM
12:00 - 1:45 pm Open Swim	10:30 - 11:30 am Water Exercise I	10:30 – 11:30 am Water Exercise II	10:45 - 11:30 am Aqua Zumba	10:30 am – 11:30 am Water Exercise I	10:30-11:30 am Water Exercise I	2:45 - 4:45 pm Community Open Swim
	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am – 1:15 pm Lap Swim	11:30 am-1:15pm Lap Swim	
	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 4:00 pm Summer Camp Only	1:30 – 7:00 pm OPEN SWIM	
	4:00 - 5:30 pm Open Swim	4:00 – 6:00 pm Open Swim	4:00 - 5:30 pm Open Swim	4:00 – 6:30 pm Open Swim		
	5:30 - 8:00 pm Youth Lessons	6:00 - 7:45 pm Community Open Swim	5:30 – 8:00 pm Youth Lessons	6:30 – 7:30 pm Aquafit w/Tracy		
	8:00 - 9:15 pm 1/2 Open/ 1/2 Lap	7:45 - 9:15 pm Lap Swim	8:00 - 9:15 pm 1/2 Open/ 1/2 Lap	7:30 - 9:15 pm 1/2 Open/ 1/2 Lap	7:00 - 7:45 pm Lap Swim	

**HOT TUB is NOT available during SUMMER CAMP SWIM TIME.**

#### YOUTH POOL USAGE POLICIES:

\* PLEASE NOTE - Children with floatation devices must be accompanied by an adult at all times - YES you have to get in the pool.

All children 11 years and under must be under direct supervision of a parent or guardian age 18 or greater when using the pool.

Children ages 12 & 13 may attend aquatic exercise classes with a parent or guardian. The instructor reserves the right to request disruptive participants to leave any class at their discretion.

NO PERSONS under age 18 are allowed in the SPA/HOT TUB.

Absolutely NO lap or open swim is available during program times, ie., SUMMER CAMP SWIM TIME, Swim Lessons, Water Fitness Classes.

**The lifeguards word is final in all situations.**

#### AQUATIC EXERCISE SCHEDULE

##### Monday

10:30 am - 11:30 am - Water Exercise I  
10:00 am - 11:00 am - Water Exercise Deep Water

##### Tuesday

10:30 am - 11:30 am - Water Exercise II

##### Wednesday

10:45 am - 11:30 am - Aqua Zumba  
10:00 am - 11:00 am - Water Exercise Deep Water

##### Thursday

10:30 am - 11:30 am - Water Exercise I  
6:30 pm - 7:30 pm - Aqua HIIT

##### Friday

10:30 am - 11:30 am - Water Exercise II  
10:00 am - 11:00 am - Water Exercise Deep Water