

# Pool & Gym Schedules

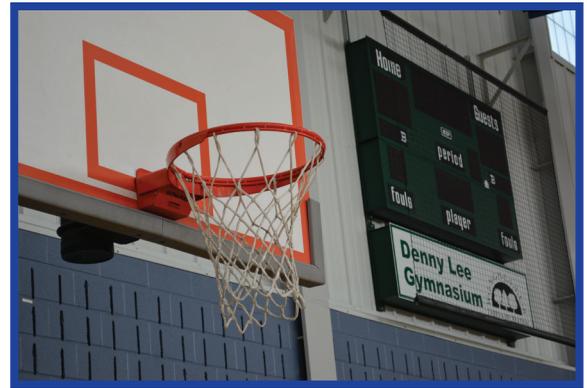
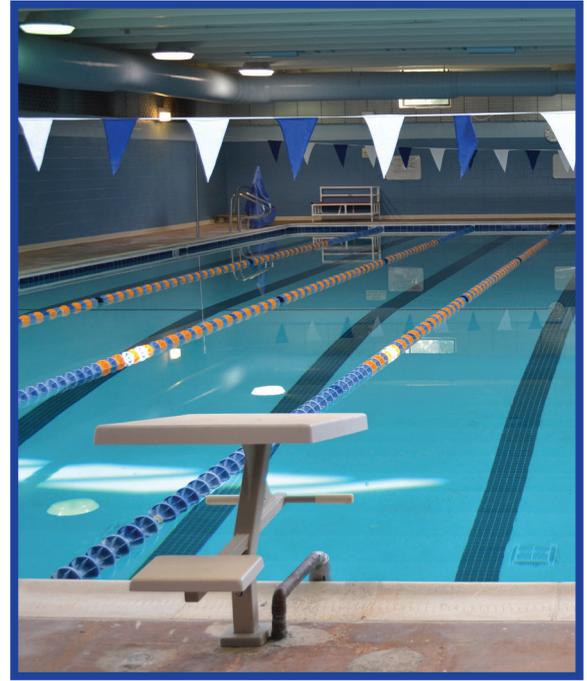
## Indoor Pool Schedule

November 2016 - March 1, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:30-6:30am	High School Practice 5:30-6:30am	Lap Swim 5:30-6:30am	High School Practice 5:30-6:30am	Lap Swim 5:30-6:30am	
	High School Practice 6:30-7:15am	Lap Swim 6:30-10am	High School Practice 6:30-7:15am	Lap Swim 6:30-10am	High School Practice 6:30-7:15am	Swim Team 7-8:30am
	Lap Swim 7:15-10am	Water Yoga 9-10am*	Lap Swim 7:15-10am	Water Yoga 9-10am*	Lap Swim 7:15-10am	
	Water Aerobics 10-11am	Swim Lessons 10-11am	Water Aerobics 10-11am	Swim Lessons 10-11am	Water Aerobics 10-11am	High School Practice 8:30-12:30pm
	General Swim 11-1pm*	Aqua Arthritis* 11-12pm General Swim 12-1pm*	General Swim 11-1pm*	Aqua Arthritis* 11am-12pm General Swim 12-1pm*	General Swim 11-1pm*	
Lap Swim 12-2pm	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Lap Swim 12:30-2pm
General Swim 2-4pm*	Lap Swim 2:00-3:15pm	Lap Swim 2-3:30pm	Lap Swim 2-3:15pm	Lap Swim 2-3:15pm	Lap Swim 2-3:15pm	
	High School Practice 3:15-4:30pm	High School Practice 3:30-4:30pm	High School Practice 3:15-4:30pm	High School Practice 3:15-4:30pm	High School Practice 3:30-4:30pm	General Swim 2-6pm* (including lap swim)
Swim Team 4-6pm	Swim Lessons 4:30-7pm	Swim Team 4:30-6pm	Swim Lessons 4:30-7pm	Swim Team 4:30pm-6pm	Swim Team 4:30-6pm	
	Swim Team 7-8:30pm	Swim Lessons 6-7:30pm	Swim Team 7-8:30pm	Swim Lessons 6-7:30pm	Lap Swim 6-7pm	
	High School Practice 8:30-9:30pm	Water Aerobics 7-8pm Lap Swim 7:30-8:30pm*	High School Practice 8:30-9:30pm	Water Aerobics 7-8pm Lap Swim 7:30-8:30pm*	High School Practice 7-9pm	Pool Parties 6-8pm
		High School Practice 8:30-9:30pm	High School Practice 8:30-9:30pm	High School Practice 8:30-9:30pm		

For holiday closures see page 2

\*only be 3 lap lanes available at this time



## Indoor Pool Schedule

March 2, 2017-May 29, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:30-10am	Swim Team 5:30-7am	Lap Swim 5:30-10am	Swim Team 5:30-7am	Lap Swim 5:30-10am	
	Water Yoga 9-10am*	Lap Swim 7:30-10am	Water Yoga 9-10am*	Lap Swim 7:30-10am	Water Yoga 9-10am*	Swim Team 9-11am
	Water Aerobics 10-11am	Swim Lessons 10-11am	Water Aerobics 10am-11am	Swim Lessons 10-11am	Water Aerobics 10am-11am	
	General Swim 11-1pm*	Aqua Arthritis* 11-12pm General Swim 12-1pm*	General Swim 11-1pm*	Aqua Arthritis* 11-12pm General Swim 12-1pm*	General Swim 11am-1pm*	Swim Lessons 11-12pm
Lap Swim 12-2pm	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Active Adult Therapeutic 1-2pm*	Lap Swim 12-2pm
General Swim 2-4pm*	General Swim 2-4pm* (including lap swim)	Lap Swim 2-4pm	General Swim 2-4pm* (including lap swim)	Lap Swim 2-4pm	Lap Swim 2-4pm	General Swim 2-6pm* (including lap swim)
Swim Team 4-6pm	Swim Lessons 4:30-7pm	Swim Team 4:30-6pm	Swim Lessons 4:30-7pm	Swim Team 4:30-6pm	Swim Team 4-6pm	
	Swim Team 7-9pm	Swim Lessons 6-7:30pm	Swim Team 7-9pm	Swim Lessons 6-7:30pm	Lap Swim 6-7pm	
	Water Aerobics 7-8pm Lap Swim 7:30-8pm* Lap Swim 8-9pm	Water Aerobics 7-8pm	Swim Team 7-9pm	Water Aerobics 7-8pm Lap Swim 7:30-8pm* Lap Swim 8-9pm	Pool Parties 7-9pm	Pool Parties 6-8pm

For holiday closures see page 2

\*only be 3 lap lanes available at this time

## Open Gym

The gym will be available at the below times to anyone who would like to drop by the Recreation Center to play some hoops. This is not a league or program. Basketballs are available if needed. Organized practices of any kind are not permitted during Open Gym times. Anyone entering the gym must pay the daily fee or have a punch pass/membership.

## November-April

ALL AGES	M	T	W	TH	F	S	SU
Noon-3pm							
4-5:45pm							
7:30-9:15pm							
AGES 30+	M	T	W	TH	F	S	SU
7:30-9:15pm							

\*No open gym 12/2, 1/6, 2/3, 3/3, 3/31, 4/1, 4/6-8, 5/5-7  
For holiday closures see page 2.

