

Competition Pool

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lap Swim 6:00am-9:00am No I Competition Pool Competition Pool	Lap Swim 6:00am-8:00am No I Competition Pool Competition Pool	Lap Swim 6:00am-9:00am No I Competition Pool Competition Pool	Lap Swim 6:00am-8:00am No I Competition Pool Competition Pool	Lap Swim 6:00am-9:00am No I Competition Pool Competition Pool	Lap Swim 7:00am-1:30pm No I Competition Pool Competition Pool	
Deep Water Aerobics 9:00am-9:55am Agnes M Competition Pool Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Deep Water Aerobics 9:00am-9:55am Agnes M Competition Pool Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Deep Water Aerobics 9:00am-9:55am Agnes M Competition Pool Competition Pool		
Lap Swim - 4 Lanes 9:00am-9:55am No I Competition Pool Competition Pool	Lap Swim 9:00am-11:00am No I Competition Pool Competition Pool	Lap Swim - 4 Lanes 9:00am-9:55am No I Competition Pool Competition Pool	Lap Swim 9:00am-11:00am No I Competition Pool Competition Pool	Lap Swim - 4 Lanes 9:00am-9:55am No I Competition Pool Competition Pool		
Lap Swim 9:55am-2:00pm No I Competition Pool Competition Pool	Shallow Water Aerobics 🧑‍🦲 11:00am-11:55am Julie W Competition Pool Competition Pool	Lap Swim 9:55am-2:00pm No I Competition Pool Competition Pool	Shallow Water Aerobics 🧑‍🦲 11:00am-11:55am Mary P Competition Pool Competition Pool	Lap Swim 9:55am-2:00pm No I Competition Pool Competition Pool		
Lap Swim 4:00pm-4:30pm No I Competition Pool	Lap Swim - 4 Lanes 11:00am-11:55am No I Competition Pool Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool	Lap Swim - 4 Lanes 11:00am-11:55am No I Competition Pool Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool		
Lap Swim - 2 / RMY - 6 4:30pm-6:45pm Staff Competition Pool Competition Pool	Lap Swim 11:55am-2:00pm No I Competition Pool Competition Pool	Lap Swim - 2 / RMY - 6 4:30pm-6:45pm Staff Competition Pool Competition Pool	Lap Swim 11:55am-2:00pm No I Competition Pool Competition Pool	Lap Swim - 2 / RMY - 6 4:30pm-6:45pm No I Competition Pool Competition Pool		
Lap Swim - 6 / RMY - 2 6:45pm-7:00pm No I Competition Pool Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool	Lap Swim - 6 / RMY - 2 6:45pm-7:00pm Staff Competition Pool Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool	Lap Swim - 6 / RMY - 2 6:45pm-7:00pm No I Competition Pool Competition Pool		
Lap Swim 7:00pm-8:30pm No I Competition Pool Competition Pool	Lap Swim - 2 / RMY - 6 4:30pm-6:45pm No I Competition Pool Competition Pool	Lap Swim 7:00pm-8:30pm No I Competition Pool Competition Pool	Lap Swim - 2 / RMY - 6 4:30pm-6:45pm Staff Competition Pool Competition Pool	Lap Swim 7:00pm-8:30pm No I Competition Pool Competition Pool		
	Lap Swim - 6 / RMY - 2 6:45pm-7:00pm No I Competition Pool Competition Pool		Lap Swim - 6 / RMY - 2 6:45pm-7:00pm No I Competition Pool Competition Pool			
	Lap Swim 7:00pm-8:30pm No I Competition Pool Competition Pool		Lap Swim 7:00pm-8:30pm No I Competition Pool Competition Pool			

Recreational Pool

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Open Swim 6:00am-8:00am No I Recreational Pool	Open Swim 6:00am-8:00am No I Recreational Pool	Open Swim 6:00am-8:00am No I Recreational Pool	Open Swim 6:00am-8:00am No I Recreational Pool	Open Swim 6:00am-8:00am No I Recreational Pool	Open Swim 7:00am-10:30am No I Recreational Pool Recreational Pool	
Shallow Water Aerobics 🧑‍🦲 8:00am-8:55am Julie W Recreational Pool Shallow End Recreational Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Recreational Pool	Shallow Water Aerobics 🧑‍🦲 8:00am-8:55am Julie W Recreational Pool Shallow End Recreational Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Recreational Pool	Shallow Water Aerobics 🧑‍🦲 8:00am-8:55am Mary P Recreational Pool Shallow End Recreational Pool	Y Programming 10:30am-11:30pm No I Recreational Pool Recreational Pool	
Open Swim 8:55am-9:30am No I Recreational Pool Recreational Pool	Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 8:55am-9:30pm No I Recreational Pool Recreational Pool	Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 8:55am-12:00pm No I Recreational Pool Recreational Pool	Open Swim 11:30am-1:30pm No I Recreational Pool Recreational Pool	
Adaptive Swim 9:30am-10:15am Staff Recreational Pool	Shallow Water Aerobics 🧑‍🦲 12:00pm-12:55pm Julie W Recreational Pool Shallow End Recreational Pool	Adaptive Swim 9:30am-10:15am Staff Recreational Pool	Shallow Water Aerobics 🧑‍🦲 12:00pm-12:55pm Mary P Recreational Pool Shallow End Recreational Pool	Shallow Water Aerobics 🧑‍🦲 12:00pm-12:55pm Mary P Recreational Pool Shallow End Recreational Pool		
Open Swim 10:15am-12:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool	Open Swim 10:15am-12:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool		
Shallow Water Aerobics 🧑‍🦲 12:00pm-12:55pm Mary P Recreational Pool Shallow End Recreational Pool	Open Swim 4:00pm-5:00pm No I Recreational Pool	Shallow Water Aerobics 🧑‍🦲 12:00pm-12:55pm Mary P Recreational Pool Shallow End Recreational Pool	Open Swim 4:00pm-5:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool		
Open Swim 1:00pm-2:00pm No I Recreational Pool	Y Programming 5:00pm-7:00pm No I Recreational Pool	Open Swim 12:55pm-2:00pm No I Recreational Pool Recreational Pool	Y Programming 5:00pm-7:00pm No I Recreational Pool	Open Swim 4:00pm-8:30pm No I Recreational Pool Recreational Pool		
Shallow Water Aerobics 🧑‍🦲 4:00pm-4:55pm Mary P Recreational Pool Shallow End Recreational Pool	Open Swim 7:00pm-8:30pm No I Recreational Pool Recreational Pool	Shallow Water Aerobics 🧑‍🦲 4:00pm-4:55pm Mary P Recreational Pool Shallow End Recreational Pool	Open Swim 7:00pm-8:30pm No I Recreational Pool Recreational Pool			
Y Programming 5:00pm-7:00pm Staff Recreational Pool		Y Programming 5:00pm-7:00pm Staff Recreational Pool				
Open Swim 7:00pm-8:30pm No I Recreational Pool Recreational Pool		Open Swim 7:00pm-8:30pm No I Recreational Pool Recreational Pool				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting and exercise program.