

Competition Pool

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lap Swim 6:00am-2:00pm No I Competition Pool	Lap Swim 6:00am-8:00am No I Competition Pool	Lap Swim 6:00am-2:00pm No I Competition Pool	Lap Swim 6:00am-8:00am No I Competition Pool	Lap Swim 6:00am-2:00pm No I Competition Pool	Lap Swim 7:30am-2:00pm No I Competition Pool	
Lap Swim 4:00pm-4:30pm No I Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Lap Swim 4:00pm-4:30pm No I Competition Pool		
RMY - 8 Lanes 4:30pm-5:30pm Staff Competition Pool	Deep Water Aerobics 9:00am-9:45am Agnes M Competition Pool	RMY - 8 Lanes 4:30pm-5:30pm Staff Competition Pool	Deep Water Aerobics 9:00am-9:45am Agnes M Competition Pool	RMY - 8 Lanes 4:30pm-5:30pm Staff Competition Pool		
Lap Swim - 3 / RMY - 5 5:30pm-6:45pm Staff Competition Pool	Competition Pool	Lap Swim - 3 / RMY - 5 5:30pm-6:45pm Staff Competition Pool	Competition Pool	Lap Swim - 3 / RMY - 5 5:30pm-6:45pm Staff Competition Pool		
Lap Swim 6:45pm-8:00pm No I Competition Pool	Lap Swim - 4 Lanes 9:00am-9:45am No I Competition Pool	Lap Swim 6:45pm-8:00pm No I Competition Pool	Lap Swim - 4 Lanes 9:00am-9:45am No I Competition Pool	Lap Swim 6:45pm-8:00pm No I Competition Pool		
	Lap Swim 9:45am-11:00am No I Competition Pool		Lap Swim 9:45am-11:00am No I Competition Pool			
	Water Aerobics 11:00am-11:45am Julie W Competition Pool		Water Aerobics 11:00am-11:45am Mary P Competition Pool			
	Lap Swim - 4 Lanes 11:00am-11:45am No I Competition Pool		Lap Swim - 4 Lanes 11:00am-11:45am No I Competition Pool			
	Lap Swim 11:45am-2:00pm No I Competition Pool		Lap Swim 11:45am-2:00pm No I Competition Pool			
	Lap Swim 4:00pm-4:30pm Staff Competition Pool		Lap Swim 4:00pm-4:30pm No I Competition Pool			
	RMY - 8 Lanes 4:30pm-5:30pm Staff Competition Pool		RMY - 8 Lanes 4:30pm-5:30pm Staff Competition Pool			
	Lap Swim - 3 / RMY - 5 5:30pm-6:45pm Staff Competition Pool		Lap Swim - 3 / RMY - 5 5:30pm-6:45pm Staff Competition Pool			
	Lap Swim 6:45pm-8:00pm		Lap Swim 6:45pm-8:00pm			

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 7:30am-2:00pm No I Recreational Pool	
Water Aerobics 8:00am-8:45am Julie W Recreational Pool Shallow End Recreational Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Recreational Pool	Shallow Water Aerobics 8:00am-8:45am Julie W Recreational Pool Shallow End Recreational Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Recreational Pool	Water Aerobics 8:00am-8:45am Mary P Recreational Pool Shallow End Recreational Pool		
Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 9:00am-12:00pm No I Recreational Pool	Open Swim 8:45am-12:00pm No I Recreational Pool		
Shallow Water Aerobics 12:00pm-12:45pm Agnes M Recreational Pool Shallow End Recreational Pool	Shallow Water Aerobics 12:00pm-12:45pm Julie W Recreational Pool Shallow End Recreational Pool	Shallow Water Aerobics 12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool	Shallow Water Aerobics 12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool	Shallow Water Aerobics 12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool		
Open Swim 1:00pm-2:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool	Open Swim 12:45pm-2:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool	Open Swim 1:00pm-2:00pm No I Recreational Pool		
Water Aerobics 4:00pm-4:45pm Mary P Recreational Pool Shallow End Recreational Pool	Open Swim 4:00pm-5:00pm No I Recreational Pool	Water Aerobics 4:00pm-4:45pm Julie W Recreational Pool Shallow End Recreational Pool	Open Swim 4:00pm-5:00pm No I Recreational Pool	Open Swim 4:00pm-8:00pm No I Recreational Pool		
Y Programming 5:00pm-7:00pm Staff Recreational Pool	Y Programming 5:00pm-7:00pm No I Recreational Pool	Y Programming 5:00pm-7:00pm Staff Recreational Pool	Y Programming 5:00pm-7:00pm No I Recreational Pool			
 Aqua Zumba 7:00pm-7:45pm Brittany C Recreational Pool Shallow End Recreational Pool	Open Swim 7:00pm-8:00pm No I Recreational Pool	Open Swim 7:00pm-8:00pm No I Recreational Pool	 Aqua Zumba 7:00pm-7:45pm Brittany C Recreational Pool Shallow End 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.