











## Recreational Pool

Mon   11/1	Tues   11/2	Wed   11/3	Thurs   11/4	Fri   11/5	Sat   11/6	Sun   11/7
<b>Open Swim</b> 6:00am-8:00am No I Recreational Pool	<b>Open Swim</b> 6:00am-8:00am No I Recreational Pool	<b>Open Swim</b> 6:00am-8:00am No I Recreational Pool	<b>Open Swim</b> 6:00am-8:00am No I Recreational Pool	<b>Open Swim</b> 6:00am-8:00am No I Recreational Pool	<b>Open Swim</b> 7:30am-2:00pm No I Recreational Pool	
<b>Water Aerobics</b> 8:00am-8:45am Julie W Recreational Pool Shallow End Recreational Pool	<b>Maintenance - Pool Closed</b> 8:00am-9:00am Staff Recreational Pool	<b>Shallow Water Aerobics</b>  8:00am-8:45am Julie W Recreational Pool Shallow End Recreational Pool	<b>Maintenance - Pool Closed</b> 8:00am-9:00am Staff Recreational Pool	<b>Water Aerobics</b> 8:00am-8:45am Mary P Recreational Pool Shallow End Recreational Pool		
<b>Open Swim</b> 8:45am-9:30am No I Recreational Pool	<b>Open Swim</b> 9:00am-12:00pm No I Recreational Pool	<b>Open Swim</b> 8:45am-9:30pm No I Recreational Pool	<b>Open Swim</b> 9:00am-12:00pm No I Recreational Pool	<b>Open Swim</b> 8:45am-12:00pm No I Recreational Pool		
<b>Adaptive Swim</b> 9:30am-10:15am Staff Recreational Pool	<b>Shallow Water Aerobics</b>  12:00pm-12:45pm Julie W Recreational Pool Shallow End Recreational Pool	<b>Adaptive Swim</b> 9:30am-10:15am Staff Recreational Pool	<b>Shallow Water Aerobics</b>  12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool	<b>Shallow Water Aerobics</b>  12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool		
<b>Open Swim</b> 10:15am-12:00pm No I Recreational Pool	<b>Open Swim</b> 1:00pm-2:00pm No I Recreational Pool	<b>Open Swim</b> 10:15am-12:00pm No I Recreational Pool	<b>Open Swim</b> 1:00pm-2:00pm No I Recreational Pool	<b>Open Swim</b> 1:00pm-2:00pm No I Recreational Pool		
<b>Shallow Water Aerobics</b>  12:00pm-12:45pm Agnes M Recreational Pool Shallow End Recreational Pool	<b>Open Swim</b> 4:00pm-5:00pm No I Recreational Pool	<b>Shallow Water Aerobics</b>  12:00pm-12:45pm Mary P Recreational Pool Shallow End Recreational Pool	<b>Open Swim</b> 4:00pm-5:00pm No I Recreational Pool	<b>Open Swim</b> 4:00pm-8:00pm No I Recreational Pool		
<b>Open Swim</b> 1:00pm-2:00pm No I Recreational Pool	<b>Y Programming</b> 5:00pm-7:00pm No I Recreational Pool	<b>Open Swim</b> 12:45pm-2:00pm No I Recreational Pool	<b>Y Programming</b> 5:00pm-7:00pm No I Recreational Pool			
<b>Water Aerobics</b> 4:00pm-4:45pm Mary P Recreational Pool Shallow End Recreational Pool	<b>Open Swim</b> 7:00pm-8:00pm No I Recreational Pool	<b>Water Aerobics</b> 4:00pm-4:45pm Julie W Recreational Pool Shallow End Recreational Pool	 <b>Aqua Zumba</b>  7:00pm-7:45pm Brittany C Recreational Pool Shallow End Recreational Pool			
<b>Y Programming</b> 5:00pm-7:00pm Staff Recreational Pool		<b>Y Programming</b> 5:00pm-7:00pm Staff Recreational Pool				
 <b>Aqua Zumba</b>  7:00pm-7:45pm Brittany C Recreational Pool Shallow End Recreational Pool		<b>Open Swim</b> 7:00pm-8:00pm No I 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.

**Competition Pool**

Mon   11/1	Tues   11/2	Wed   11/3	Thurs   11/4	Fri   11/5	Sat   11/6	Sun   11/7
Lap Swim - 4 / HSST - 4 6:00am-7:00am Competition Pool	Lap Swim - 4 / HSST - 4 6:00am-7:00am Competition Pool	Lap Swim - 4 / HSST - 4 6:00am-7:00am Competition Pool	Lap Swim - 4 / HSST - 4 6:00am-7:00am Competition Pool	Lap Swim - 4 / HSST - 4 6:00am-7:00am Competition Pool	Lap Swim 7:30am-8:00am Competition Pool	
Lap Swim 7:00am-2:00pm Competition Pool	Lap Swim 7:00am-8:00am Competition Pool	Lap Swim 7:00am-2:00pm Competition Pool	Lap Swim 7:00am-8:00am Competition Pool	Lap Swim 7:00am-2:00pm Competition Pool	Lap Swim - 4 / HSST - 4 8:00am-2:00pm Competition Pool	
Lap Swim 4:00pm-4:30pm Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Lap Swim 4:00pm-4:30pm Competition Pool	Maintenance - Pool Closed 8:00am-9:00am Staff Competition Pool	Lap Swim 4:00pm-4:30pm Competition Pool		
Lap Swim - 1 / RMY - 7 4:30pm-6:45pm Staff Competition Pool	Lap Swim - 4 Lanes 9:00am-9:45am Competition Pool	Lap Swim - 1 / RMY - 7 4:30pm-6:45pm Staff Competition Pool	Deep Water Aerobics 9:00am-9:45am Agnes M Competition Pool	Lap Swim - 1 / RMY - 7 4:30pm-6:45pm Competition Pool		
Lap Swim - 4 / RMY - 4 6:45pm-7:00pm Competition Pool	Deep Water Aerobics 9:00am-9:45am Agnes M Competition Pool	Lap Swim - 4 / RMY - 4 6:45pm-7:00pm Staff Competition Pool	Lap Swim - 4 Lanes 9:00am-9:45am Competition Pool	Lap Swim - 4 / RMY - 4 6:45pm-7:00pm Competition Pool		
Lap Swim - 2 / HSST - 6 7:00pm-8:00pm Competition Pool	Lap Swim 9:45am-11:00am Competition Pool	Lap Swim - 2 / RMY - 6 7:00pm-8:00pm Competition Pool	Lap Swim 9:45am-11:00am Competition Pool	Lap Swim - 2 / HSST - 6 7:00pm-8:00pm 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 Competition Pool		Lap Swim - 4 Lanes 11:00am-11:45am Competition Pool			
	Lap Swim 11:45am-2:00pm Competition Pool		Lap Swim 11:45am-2:00pm Competition Pool			
	Lap Swim 4:00pm-4:30pm Competition Pool		Lap Swim 4:00pm-4:30pm Competition Pool			
	Lap Swim - 1 / RMY - 7 4:30pm-6:45pm Competition Pool		Lap Swim - 1 / RMY - 7 4:30pm-6:45pm Staff Competition Pool			
	Lap Swim - 4 / RMY - 4 6:45pm-7:00pm Competition Pool		Lap Swim - 4 / RMY - 4 6:45pm-7:00pm Competition Pool			
	Lap Swim - 2 / HSST - 6 7:00pm-8:00pm Competition Pool		Lap Swim - 2 / HSST - 6 7:00pm-8:00pm Competition Pool			