



Fall Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective October 1st, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Instructional Pool 7am-12pm (6 lanes)	Lap Swim: Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim: Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim: Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim: Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim: Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim: Instructional Pool 11:30am-1pm (6 lanes)
	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool) Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool) Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool) Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool) Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool) Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness: Shallow Tone: 8am-9am (Inst. Pool)
		Shallow Tone: 6:30pm-7:30pm (Inst. Pool)		Shallow Tone: 6:30pm-7:30pm (Inst. Pool)		

Swim Lessons:

Please visit our [website](#) for more information on swim lessons.



Fall Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective October 1st, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Comp Pool 7am-1pm (17 lanes)	Lap Swim: Comp Pool 5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes) 5pm-8pm (5 lanes) 8pm-9pm (17 lanes)	Lap Swim: Comp Pool 5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Comp Pool 5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes) 5pm-8pm (5 lanes) 8pm-9pm (17 lanes)	Lap Swim: Comp Pool 5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes) 5pm-8pm (5 lanes)	Lap Swim: Comp Pool 5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes) 5pm-8pm (17 lanes)	Lap Swim: Comp Pool 7am-8:30am (17 lanes) 8:30-11:30am (11 lanes) 11:30am-1pm (14 lanes)
	Aqua Fitness: Deep H2O Dynamics: 11am-12pm (Comp Pool)	Aqua Fitness: Deep H2O Dynamics: 11am-12pm (Comp Pool)	Aqua Fitness: Deep H2O Dynamics: 11am-12pm (Comp Pool)	Aqua Fitness: Deep H2O Dynamics: 11am-12pm (Comp Pool)	Aqua Fitness: Deep H2O Dynamics: 11am-12pm (Comp Pool)	

Pool Program Descriptions:

For additional information on our Aqua Fitness programming click [HERE](#).

NOTE: Lap swim and Aqua Fitness classes are for participants age 12 and up. Youth under the age of 12 may participate in programs if accompanied by a parent or legal guardian in the water. Schedule subject to change.