



Summer Aquatics Center Schedule - Aqua Fitness

July 6th – July 31st, 2020

Reservations for lap swim and water aerobics are highly encouraged to secure a spot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Tone: 7:30am–8:30am (Inst. Pool)	Shallow Tone: 7:30am–8:30am (Inst. Pool)	Shallow Tone: 7:30am–8:30am (Inst. Pool)	Shallow Tone: 7:30am–8:30am (Inst. Pool)	Shallow Tone: 7:30am–8:30am (Inst. Pool)	Shallow Tone: 8am–9am (Inst. Pool)
	Deep H2O Dynamics: 11:00am–12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am–12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am–12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am–12:00pm (Comp. Pool)	Deep H2O Dynamics: 11:00am–12:00pm (Comp. Pool)	
	Shallow Tone: 11:45am–12:45pm (Inst. Pool)	Shallow Tone: 11:45am–12:45pm (Inst. Pool)	Shallow Tone: 11:45am–12:45pm (Inst. Pool)	Shallow Tone: 11:45am–12:45pm (Inst. Pool)	Shallow Tone: 11:45am–12:45pm (Inst. Pool)	
	Shallow Tone: 1:00pm–2:00pm (Inst. Pool)		Shallow Tone: 1:00pm–2:00pm (Inst. Pool)		Shallow Tone: 1:00pm–2:00pm (Inst. Pool)	
		Shallow Tone: 6:00pm–7:00pm (Inst. Pool)		Shallow Tone: 6:00pm–7:00pm (Inst. Pool)		



Summer Aquatics Center Schedule - Lap Swim

July 6th – July 31st, 20

Reservations for lap swim and water aerobics are highly encouraged to secure a spot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim: 5:00am-8:00pm Comp Pool (17 lap lanes 5am-6am) (9 lap lanes 6am-9am) (5 lap lanes 9am-11am) (2 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (5 lap lanes 1pm-2pm) (17 lap lanes 2-3pm) (5 lap lanes 3-7pm) (12 lap lanes 7-8pm)	Lap Swim: 5:00am-8:00pm Comp Pool (17 lap lanes 5am-6am) (9 lap lanes 6am-9am) (5 lap lanes 9am-11am) (2 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (5 lap lanes 1pm-2pm) (17 lap lanes 2-3pm) (5 lap lanes 3-7pm) (12 lap lanes 7-8pm)	Lap Swim: 5:00am-8:00pm Comp Pool (17 lap lanes 5am - 6am) (9 lap lanes 6am-9am) (5 lap lanes 9am-11am) (2 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (5 lap lanes 1pm-2pm) (17 lap lanes 2-3pm) (5 lap lanes 3-7pm) (12 lap lanes 7-8pm)	Lap Swim: 5:00am-8:00pm Comp Pool (17 lap lanes 5am-6am) (9 lap lanes 6am-9am) (5 lap lanes 9am-11am) (2 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (5 lap lanes 1pm-2pm) (17 lap lanes 2-3pm) (5 lap lanes 3-7pm) (12 lap lanes 7-8pm)	Lap Swim: 5:00am-8:00pm Comp Pool (17 lap lanes 5am-6am) (9 lap lanes 6am-9am) (5 lap lanes 9am-11am) (2 lap lanes 11am-12pm) (17 lap lanes 12pm-1pm) (5 lap lanes 1pm-2pm) (17 lap lanes 2-3pm) (5 lap lanes 3-7pm) (12 lap lanes 7-8pm)	Lap Swim: 7:00am-12:00pm (9 lap lanes 7-9am) (14 lap lanes 9-12pm)
	5:00am-7:00am Instructional Pool (6 lap lanes)	5:00am-7:00am Instructional Pool (6 lap lanes)	5:00am-7:00am Instructional Pool (6 lap lanes)	5:00am-7:00am Instructional Pool (6 lap lanes)	5:00am-7:00am Instructional Pool (6 lap lanes)	
					Lap Swim: 9:00am-11:00am Instructional Pool (6 lap lanes)	
	Lap Swim: 3:00pm-4:00pm Instructional Pool (6 lap lanes)	Lap Swim: 1:00pm-3:00pm Instructional Pool (6 lap lanes)	Lap Swim: 2:00pm-4:00pm Instructional Pool (6 lap lanes)	Lap Swim: 3:00pm-4:00pm Instructional Pool (6 lap lanes)	Lap Swim: 2:00pm-3pm 4:00pm-7:00pm Instructional Pool (6 lap lanes)	
	Lap Swim: 7:00pm-8:00pm Instructional Pool (6 lap lanes)	Lap Swim: 7:00pm-8:00pm Instructional Pool (6 lap lanes)	Lap Swim: 7:00pm-8:00pm Instructional Pool (6 lap lanes)	Lap Swim: 7:00pm-8:00pm Instructional Pool (6 lap lanes)	Lap Swim: 7:00pm-8:00pm Instructional Pool (6 lap lanes)	

Pool Program Descriptions:

The Aquatics Center Competition Pool has a maximum of 17, 25-yard lanes, available for member use.

Shallow Tone – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

Deep H2O Dynamics – This class is designed for the more proficient swimmers and is taught in 7ft. of water. With the assistance of cuffs and hand buoys, this class will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

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.