



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective January 2nd, 2023-June 9th,2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Instructional Pool 7am-10am(6 Lanes)		Lap Swim: Instructional Pool 6am-7:50am(6 Lanes)		Lap Swim: Instructional Pool 6am-7:50am(6 Lanes)		
	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Shallow Tone Class: 8am-8:55am (Instructional Pool)	Aqua Zumba Class: 8am-8:55am (Instructional Pool)
		Lap Swim: Instructional Pool 9am-11:50am(6 Lanes)		Lap Swim: Instructional Pool 9am-11:50am(6 lanes)		
		Shallow Tone Class: 12pm-12:55pm (Instructional Pool)		Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	
		Shallow Tone: 6:30pm-7:25pm (Instructional Pool)		Shallow Tone: 6:30pm-7:25pm (Instructional Pool)		

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

Lap Swimming: For additional information click [HERE](#).

Schedule Modifications:

Memorial Day, 5/29 The AC will be open from 7:00am-1:30pm.



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective January 2nd, 2023-June 9th, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Competition Pool 7am-10am (14 -17anes)	Lap Swim: Competition Pool 5am-1:30pm(14-17 lanes) 4pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes)	Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-7pm (9-17 lanes)	Lap Swim: Competition Pool 7am-1pm (10-17 lanes)
	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11am-11:55am (Competition Pool)	Deep H2O Dynamics: 11:00am-11:55am (Competition Pool)	

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

Lap Swimming: For additional information click [HERE](#).

Schedule Modifications:

Memorial Day, 5/29 The AC will be open from 7:00am-1:30pm.