

# WARM WATER POOL SCHEDULE

EFFECTIVE: September 3, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00	7:00-9:00 am <b>ADULT FITNESS</b>	7:00-9:00 am <b>CLOSED</b>	7:00-9:00 am <b>ADULT FITNESS</b>	7:00-9:00 am <b>CLOSED</b>	7:00-10:00 am <b>ADULT FITNESS</b>	7:00-8:00 <b>ADULT FITNESS</b>	<b>CLOSED</b>	
7:30						8:00-9:00 am <b>ADULT LESSONS</b>		
8:00								
8:30								
9:00	9:00-9:45 am <b>PILATES</b>	9:00-10:00 am <b>ADULT FITNESS</b>	9:00-9:45 AM <b>GENTLE FLOW</b> 9/18	9:00-9:45 am <b>H2O PILATES</b>	9:00-10:00 am <b>ADULT FITNESS</b>	9:00-1:00 pm <b>SWIM LESSONS</b>	9:00 am-1:00 pm <b>ADULT FITNESS</b>	
9:30								
10:00	10:00-11:00 am <b>ADULT FITNESS</b>	10:00-10:45 am <b>FIGHT BACK UH2O</b> \$	10:00-11:00 AM <b>CLOSED</b>	10:00-10:45 am <b>JUST MOVE IT</b>	10:00-10:45 am <b>POWER</b>			
10:30								
11:00	11:00-11:45 am <b>AFA-ARTHRITIS</b>	11:00-11:45 am <b>NEW! BACKHAB</b>	11:00-11:45 am <b>MEDITATION</b>	11:00-11:45 am <b>WATER WONDERS</b>	11:00-11:45 am <b>AFA-ARTHRITIS</b>			
11:30								
12:00	12:00-2:00 pm <b>CLOSED</b>	12:00-4:00 pm <b>ADULT FITNESS/ REHAB</b>	12:00-3:00 pm <b>CLOSED</b>	12:00-6:00 pm <b>ADULT FITNESS/ REHAB</b>	12:00-12:45 pm <b>FLAPPERS</b>	1:00-2:00 pm <b>FAMILY SWIM</b>	1:00-2:00 pm <b>FAMILY SWIM</b>	
12:30								
1:00					1:00-2:00 pm <b>CLOSED</b>			
1:30								
2:00	2:00-5:00 pm <b>ADULT FITNESS/ REHAB</b>	2:00-5:00 pm <b>ADULT FITNESS/ REHAB</b>	3:00-4:00 pm <b>INSERVICE/PRIVATES</b>	2:00-4:00 pm <b>ADULT FITNESS/ REHAB</b>	2:00-4:00 pm <b>ADULT FITNESS/ REHAB</b>	2:00-3:30 pm <b>BIRTHDAY</b>	2:00-3:30 pm <b>ADULT FITNESS</b>	
2:30								
3:00								
3:30								
4:00		4:00-7:00 pm <b>SWIM LESSONS</b>	4:00-7:00 pm <b>SWIM LESSONS</b>	4:00-7:30 pm <b>SWIM LESSONS</b>	4:00-7:30 pm <b>SWIM LESSONS</b>	3:30-5:30 pm <b>ADULT FITNESS</b>	3:30pm Closed	
4:30								
5:00	5:00-7:00 pm <b>SWIM LESSONS</b>							
5:30								
6:00				6:00-6:45 pm <b>YOGA</b>	5:30-6:30 pm <b>PRIVATES</b>			
6:30								
7:00	7:00-7:45 pm <b>YOGA</b>	7:00-8:30 pm <b>VOLLEYBALL</b>	7:00-8:00 pm <b>ADULT FITNESS</b>	7:00-8:30 pm <b>VOLLEYBALL</b>				
7:30						7:30-8:30 pm <b>FAMILY SWIM</b>		
8:00	8:00pm Closed	8:30pm Closed	8:00pm Closed	8:30pm Closed	8:30pm Closed	6:30pm Closed		

**AQUA FITNESS CLASSES BEGIN SEPTEMBER 9**  
**SWIM LESSONS BEGIN SEPTEMBER 15**

Revised: August 22, 2019

**POOL SCHEDULE SUBJECT TO CHANGE**