

Schedule Changes This Week!
Indoor Walking on Fridays has been cancelled.
Jan 29th – Feb 4th Pool Schedule

Monday Jan 29th

Lane Swim	7:00-8:30am
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am (Warm Water Pool only)
Baby & Me AquaFit	10:30-11:30am (Pre-Register Online, Main Pool)
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required - FULL
Leisure Swim	1:30-3:00pm (3 lanes starting at 2:30pm)
Indoor Walking	2:00-3:00pm (on deck, indoor footwear required)
Lane Swim	6:30-7:30pm

Tuesday Jan 30th

Leisure Swim	8:30-9:30am
Swim Lessons	9:30-12:15pm – Wk 4
Lane Swim	12:15-1:45pm
Leisure Swim	1:45-3:00pm (3 lanes starting at 2:30pm)
Swim Lessons	4:00-9:00pm – Wk 4

Wednesday Jan 31st

Lane Swim	7:00-8:30am
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required – FULL
Leisure Swim	1:30-3:00pm
Indoor Walking	2:00-3:00pm (on deck, indoor footwear required)
Lane Swim	6:30-7:30pm

Thursday Feb 1st

Lane Swim	7:35-8:45am
Swim Lessons	9:00-9:30am – Wk 4
Leisure Swim	10:00-11:30am
Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm *Pre-registration required – FULL
Leisure Swim	1:30-3:00pm
Aquatherapy	2:40-3:30pm *Pre-registration required – Spots Available

Friday Feb 2nd

Lane Swim	7:00-8:30am
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am
Lane Swim	12:00-1:30pm
Leisure Swim	1:30-2:30pm
FREE Open Swim	6:40-8:00pm

Lane/Leisure/AquaFit – 16+ years

Baby & Me AquaFit – Guardians + Infants (4mths – 2 yrs)

Open Swim – All Ages

Family Swim – Parents & Children

****See Website for Admission Standards**

Sat Feb 3rd

Swim Lessons	9:00-12:00pm – Wk 5
Lane Swim	12:15-1:15pm
Open Swim	1:30-2:30pm

Sun Feb 4th

Lessons	4:00-7:15pm – Wk 5
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