

POOL AEROBIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:00 LAP EXERCISE	5:30-7:00 LAP EXERCISE	5:30-7:00 LAP EXERCISE	5:30-7:00 LAP EXERCISE	5:30-7:00 LAP EXERCISE		
7:00-8:15 OPEN SWIM	7:00-8:15 OPEN SWIM	7:00-8:15 OPEN SWIM	7:00-8:15 OPEN SWIM	7:00-8:15 OPEN SWIM	8:07-9:07 BRENDA WATER AEROBICS	
8:30-9:25 WATER AEROBICS JANET	8:30-9:25 WATER AEROBICS BRENDA	8:30-9:25 WATER AEROBICS JANET	8:30-9:25 WATER AEROBICS BRENDA	8:30-9:25 WATER AEROBICS JANET	9:15-11:15 LAP EXERCISE	Brenda offers children's swimming lessons in one lane of the pool by the steps [Mon-Thurs (3:00-4:30pm)]
9:30-10:20 ARTHRITIS CLASS YVONNE	9:30-10:30 LAP EXERCISE	9:30-10:20 ARTHRITIS CLASS YVONNE	9:30-10:30 LAP EXERCISE	9:30-10:20 ARTHRITIS CLASS YVONNE		
10:30-11:30 WATER AEROBICS LAURA	10:45-11:45 WATER AEROBICS MICHELLE	10:30-11:30 WATER AEROBICS LAURA	10:45-11:45 WATER AEROBICS MICHELLE	10:30-11:30 WATER AEROBICS LAURA		The pool is still open to everyone!
11:30-1:00 LAP EXERCISE	11:45-1:00 LAP EXERCISE	11:30-1:00 LAP EXERCISE	11:45-1:00 LAP EXERCISE	11:30-1:00 LAP EXERCISE	11:30-4:30 OPEN SWIM	
1:00-4:30 OPEN SWIM	1:00-4:30 OPEN SWIM	1:00-4:30 OPEN SWIM	1:00-4:30 OPEN SWIM	1:00-7:30 OPEN SWIM		1:00-5:30 OPEN SWIM
4:45-5:45 WATER AEROBICS LYN	4:45-5:45 WATER AEROBICS PATTI	4:45-5:45 WATER AEROBICS LAURA	4:45-5:45 WATER AEROBICS PATTI			
6:00-7:00 WATER AEROBICS MICHELLE	6:00-7:00 WATER AEROBICS TORI	6:00-7:00 WATER AEROBICS MICHELLE	6:00-7:00 WATER AEROBICS JANET			
7:00-9:30 OPEN SWIM	7:00-9:30 OPEN SWIM	7:00-9:30 OPEN SWIM	7:00-9:30 OPEN SWIM			



NEW CLASS - Starting 1/9

UPDATED 12/13/2023

LAP EXERCISE-MUST be moving and swimming the length of the pool.

OPEN SWIM-May stay stationary for exercise in the pool.