



October Pool Schedule



Free Aqua Aerobics for Members!!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00	Lap/Walk	6:00 DEEP WATER Lap/Walk	Lap/Walk	6:00 DEEP WATER Lap/Walk	Lap/Walk		
7:00-8:00	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec	
8:00-9:00	8:00 DEEP WATER Lap/Walk	8:00 MORNING MELTDOWN Lap/Walk	8:30 20 MINUTE ABS Lap/Walk	8:00 MORNING MELTDOWN Lap/Walk	8:00 DEEP WATER Lap/Walk	Open Rec	
9:00-10:00	9:00 H2O COMBO Lap/Walk	Open Rec	9:00 H2O COMBO Lap/Walk	Open Rec	9:00 H2O COMBO Lap/Walk	LESSONS Lap/Walk	
10:00-12:00	10:30 PACE Lap/Walk	10:30 SENIOR AQUASIZE Lap/Walk	10:30 PACE Lap/Walk	10:30 SENIOR AQUASIZE Lap/Walk	10:30 PACE Lap/Walk	LESSONS Lap/Walk	11:00 Open Rec
12:00-2:00	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Open Rec Pool Parties	Open Rec Pool Parties
2:00-4:00	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec Pool Parties	Open Rec Pool Parties
4:00-5:30	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec	Open Rec Pool Parties	OPEN SWIM 3:00 – 5:00
5:30-8:00	6:00 PILATES Lap/Walk	6:00 DEEP WATER Lap/Walk	OPEN SWIM** 6:00 – 8:00 Lap/Walk	6:00 MELTDOWN Lap/Walk	OPEN SWIM 5:00 – 7:00	Close @ 6:00	Close @ 5:00
					Close @ 7:00		

6 & Under must have Direct Supervision in the pool at all times!

~The River and one lap lane are still available during Aqua Aerobics Classes.

~ During weeks where there are no lessons, there is Open Rec.

~ When hours are modified during holidays, there are NO AQUATIC CLASSES.

~ The pool will open from 12-2 for parties and special

~ No food is allowed in the pool area!

events only.

**Description on back.