

Activity Pool - Fall 2018/Winter 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am	AQ Fit 9am-9:55am	Swim Lessons 9am-10am	AQ Fit 9am-9:55am	Swim Lessons 9am-10am	AQ Fit 9am-9:55am	Swim Lessons 8:30am-10am	
9:30am	*Closed to family swim		*Closed to family swim		*Closed to family swim		
10:00am	AQ Cardio 10am-11am	AQ Cardio 10am-11am	AQ Cardio 10am-11am	AQ Cardio 10am-11am	AQ Cardio 10am-11am	AQ Cardio 10am-11am	
10:30am	*Closed to family swim	*Closed to family swim	*Closed to family swim	*Closed to family swim	*Closed to family swim	*Closed to family swim	
11:00am		Parent/Child Swim 11am-12pm				Parent/Child Swim 11am-12pm	
11:30am					Swim Lessons 12pm-1pm		
12:00pm		Arthritis Class 12pm-12:45pm		Arthritis Class 12pm-12:45pm			
12:30pm							
1:00pm			AQ Barre 1pm-2pm				
1:30pm	Closed for Cleaning	Closed for Cleaning		Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning
2:00pm			Closed for Cleaning				
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Parent Child 5pm-6pm						
5:30pm					Swim Clinic 5:30pm-6:30pm Swim Lessons 6pm-7pm		
6:00pm	Aqua Boot Camp 6pm-7pm		Aqua Boot Camp 6pm-7pm				
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
10:30pm							
11:00pm							
11:30pm							

Indoor Pool Rules and Etiquette

- Warning: No Lifeguard on Duty**
- Children under 14 years of age must be accompanied by a parent or legal guardian unless participating in a Club program.
- All water classes including water aerobics, group and private swim lessons are held in this pool.
- Pool closes at 11:45pm on weekdays and 9:45 on weekends
- Schedule is subject to change for special events
- Children must be potty trained or wear a swim diaper.
- No running or horseplay. No diving or prolonged breath holding.
- Nonswimmers must wear life jackets.
- Glass is prohibited in the pool area.
- A lap lane will always be provided for lap swimmers.
- Families may swim during aerobics and swim classes, with the exception of AQ Fit and AQ Cardio. We ask our families to be respectful of the classes and willing to keep the noise level to a minimum as to not disturb our aquatics programming.



revised 9/25/18