

# POOL SCHEDULE

Winter Schedule

3/21/2022 – 5/29/2022

| COMPETITION POOL   |   |  |   |  |   |   |   |
|--|---|--|---|--|---|---|---|
| LAP SWIM – RESERVATIONS REQUIRED   |   |  |   |  |   |   |   |
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |   |
| 5:15 am – 6:00 am<br><b>LANES 1-5</b><br>OPEN FOR LAPS<br><b>LANES 6-8</b><br>Class: Floating Yoga   | 5:15 am – 6:00 am<br><b>LANES 1-3</b><br>Class: Aqua Cardio & Strength<br><b>LANES 4-8</b><br>OPEN FOR LAPS | 5:15 am – 6:00 am<br><b>LANES 1-3</b><br>Class: Aqua Kickboxing<br><b>LANES 4-8</b><br>OPEN FOR LAPS         | 5:15 am – 6:00 am<br><b>LANES 1-3</b><br>Class: Aqua Cardio & Strength<br><b>LANES 4-8</b><br>OPEN FOR LAPS | 5:00 am – 5:30 am<br><b>ALL LANES OPEN</b>   | 7:00 am – 8:00 am<br><b>ALL LANES OPEN</b>                              | 7:00 am – 8:00 am<br><b>ALL LANES OPEN</b>  |   |
| 6:30 am – 8:30 am<br><b>ALL LANES OPEN</b>   | 6:00 am – 8:30 am<br><b>ALL LANES OPEN</b>  | 6:00 am – 8:30 am<br><b>ALL LANES OPEN</b>   | 6:00 am – 8:30 am<br><b>ALL LANES OPEN</b>  | 5:30 am – 6:30 am<br><b>LANES 1-6</b><br>OPEN FOR LAPS<br><b>LANES 7-8</b><br>Class: Tri Racers  | 8:00 am– 12:00 pm<br><b>LANES 6-8</b><br>Lifeguard Training             | 8:00 am – 12:00 pm<br><b>LANES 1-5</b><br>OPEN FOR LAPS<br><b>LANES 6-8</b><br>Lifeguard Training |   |
| 9:00 am – 10:00 am<br><b>LANES 1-4</b><br>Class: Aqua Cardio & Strength<br><b>LANES 5-8</b><br>OPEN FOR LAPS   | 9:00 am – 10:00 am<br><b>LANES 1-4</b><br>Class: Aqua Zumba<br><b>LANES 5-8</b><br>OPEN FOR LAPS            | 9:00 am – 10:00 am<br><b>LANES 1-4</b><br>Class: Aqua Cardio & Strength<br><b>LANES 5-8</b><br>OPEN FOR LAPS | 9:00 am – 10:00 am<br><b>LANES 1-4</b><br>Class: Aqua Kickboxing<br><b>LANES 5-8</b><br>OPEN FOR LAPS       | 9:00 am – 10:00 am<br><b>LANES 1-4</b><br>Class: Aqua Zumba<br><b>LANES 5-8</b><br>OPEN FOR LAPS |   |   | 9:00 am – 10:00 am<br><b>LANES 1-3</b><br>Class: Aqua Cardio & Strength |
| 10:30 am - 7:00 pm<br><b>ALL LANES OPEN</b>  | 10:30 am – 12:00 pm<br><b>ALL LANES OPEN</b>  | 10:30 am - 7:00 pm<br><b>ALL LANES OPEN</b>  | 10:30 am – 12:00 pm<br><b>ALL LANES OPEN</b>  | 10:30 am – 5:00 pm<br><b>ALL LANES OPEN</b>  | 9:00 am – 10:00 am<br><b>LANES 1-3</b><br>Class: Aqua Cardio & Strength | 10:00 am – 1:00 pm<br><b>LANES 1-3</b><br>Diving Board  |   |
|  | 12:15 pm – 1:00 pm<br><b>LANES 1-4</b><br>OPEN FOR LAPS<br><b>LANES 5-8</b><br>Class: Floating Yoga         |  | 12:15 pm – 1:00 pm<br><b>LANES 1-4</b><br>OPEN FOR LAPS<br><b>LANES 5-8</b><br>Class: Floating Bootcamp     |  |   |   | LANES 4-5<br>OPEN FOR LAPS  |
|  | 1:30 pm – 6:00 pm<br><b>ALL LANES OPEN</b>  |  | 1:30 pm – 6:00 pm<br><b>ALL LANES OPEN</b>  |  |   |   |   |
| 6:15 pm – 7:15 pm<br><b>LANES 1-3</b><br>Class: Aqua Cardio & Strength<br><b>LANES 4-6</b><br>OPEN FOR LAPS<br><b>LANES 7-8</b><br>Class: Tri Racers | 7:00 pm – 7:45 pm<br><b>LANES 1-3</b><br>Class: Aqua Fit<br><b>LANES 4-8</b><br>OPEN FOR LAPS               | 6:30 pm – 7:30 pm<br><b>LANES 1-5</b><br>OPEN FOR LAPS<br><b>LANES 6-8</b><br>Class: Floating Yoga           | 7:30 pm – 8:00 pm<br><b>ALL LANES OPEN</b>  | 1:00 pm - 4:00 pm<br><b>ALL LANES OPEN</b>   | 12:00 pm - 1:00 pm<br><b>ALL LANES OPEN</b>                             | 1:00 pm – 4:00 pm<br><b>LANES 1-3</b><br>Scuba (DMACC Class)<br><b>LANES 4-8</b><br>OPEN FOR LAPS |   |
| 7:00 pm – 7:45 pm<br><b>LANES 1-3</b><br>Class: Aqua Barre<br><b>LANES 4-8</b><br>OPEN FOR LAPS  | 7:30 pm – 8:00 pm<br><b>ALL LANES OPEN</b>  |  |   |  |   |   |   |

| LEISURE POOL   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| LAP SWIM- LANES 1 & 2 – RESERVATIONS REQUIRED        |   |   |   |   |   |   |
| MONDAY   | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  | SATURDAY                                | SUNDAY                                  |
| 5:00 am - 8:00 pm<br><b>LANES OPEN</b>               | 5:00 am - 8:00 pm<br><b>LANES OPEN</b>  | 5:00 am - 8:00 pm<br><b>LANES OPEN</b>  | 5:00 am - 8:00 pm<br><b>LANES OPEN</b>  | 5:00 am - 8:00 pm<br><b>LANES OPEN</b>  | 7:00 am - 4:00 pm<br><b>LANES OPEN</b>  | 7:00 am - 4:00 pm<br><b>LANES OPEN</b>  |
| FAMILY SWIM - RECREATION AREA– RESERVATIONS REQUIRED |   |   |   |   |   |   |
| MONDAY   | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  | SATURDAY                                | SUNDAY                                  |
| 5:00 am - 8:00 pm<br><b>FAMILY SWIM</b>              | 5:00 am - 8:00 pm<br><b>FAMILY SWIM</b> | 5:00 am - 8:00 pm<br><b>FAMILY SWIM</b> | 5:00 am - 8:00 pm<br><b>FAMILY SWIM</b> | 5:00 am - 8:00 pm<br><b>FAMILY SWIM</b> | 7:00 am - 4:00 pm<br><b>FAMILY SWIM</b> | 7:00 am - 4:00 pm<br><b>FAMILY SWIM</b> |