

Leisure Pool

Lap Swim Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	5:00am-8:00pm	5:00am-9:00am	5:00am-8:00pm	5:00am-9:00am	7:00am-9:00am	8:00am-5:00pm
10:00am-8:00pm		10:00am-8:00pm		10:00am-7:30pm	12:00pm-5:00pm	

Open Family Swim Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	5:00am-8:00pm	5:00am-9:00am	5:00am-8:00pm	5:00am-9:00am	7:00am-9:00am	8:00am-5:00pm
10:00am-8:00pm		10:00am-8:00pm		10:00am-7:30pm	9:00am-12:00pm Lessons Only 6/10-7/29	
					12:00pm-5:00pm	

*Private Swim Lessons may occupy space during lap & open swim

Competition Pool

Lap Swim Availability/Diving Board Use						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:30am LANES 4-8	5:00am-9:00am ALL LANES	5:00am-6:30am LANES 4-8	5:00am-6:30am LANES 4-8	5:00am-6:15am LANES 4-8	7:00am-9:00am ALL LANES	8:00am-12:00pm ALL LANES
6:30am-9:00am ALL LANES	9:00am-10:00am LANES 4-8	6:30am-9:00am ALL LANES	6:30am-9:00am ALL LANES	5:15am-6:15am Tri-Racers (\$) LANES 7-8 6/10-7/29	9:00am-10:00am LANES 7-8	
9:00am-10:00am LANES 4-8	10:00am-4:00pm ALL LANES	9:00am-10:00am LANES 4-8	9:00am-10:00am LANES 4-8	6:15am-9:00am ALL LANES	9:00am-12:00pm LANES 6-8	12:00pm-3:00pm LANES 4-8
10:00am-4:00pm ALL LANES	4:00pm-6:15pm LANES 7-8	10:00am-4:00pm ALL LANES	10:00am-4:00pm ALL LANES	7:15am-9:00am ALL LANES	12:00pm-3:00pm LANES 4-8	12:00pm-3:00pm Diving Board Open
4:00pm-6:15pm LANES 7-8	6:15pm-7:15pm LANES 7-8	4:00pm-6:15pm LANES 7-8	4:00pm-6:15pm LANES 5-8	9:00am-10:00am LANES 4-8	12:00pm-3:00pm Diving Board Open	3:00pm-4:00pm LANES 1-4
6:15pm-7:15pm LANES 7-8	7:00pm-7:50pm Tri-Racers (\$) LANES 7-8 6/10-7/29	6:15pm-7:15pm LANES 7-8	6:15pm-7:15pm LANES 5-8	10:00am-7:30pm ALL LANES	3:00pm-5:00pm ALL LANES	4:00pm-5:00pm LANES 1-8
7:15pm-8:00pm ALL LANES	7:15pm-8:00pm ALL LANES	7:15pm-8:00pm ALL LANES	7:15pm-8:00pm ALL LANES			

*Private Swim Lessons may occupy lanes during lap & open swim

Water Fitness

Water Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-6:15am Hydro Training Amy Competition	5:15am-6:00am BOGAFIT (\$) Craig Competition (6/11)	5:15am-6:15am Hydro Training Amy Competition	5:15am-6:00am BOGAFIT (\$) Craig Competition (6/13)	5:15am-6:15am Hydro Training Amy Competition		
9:00am-10:00am Hydro H.I.I.T Amy Competition/Leisure	9:00am-10:00am Hydro Training Zakiya Competition	9:00am-10:00am Hydro Training Julie Competition/Leisure	9:00am-10:00am Hydro Training Zakiya Competition	9:00am-10:00am Hydro H.I.I.T Amy Competition/Leisure	9:00am-10:00am Boot Camp Zakiya/Amy Competition	
6:15pm-7:15pm Hydro Training Heidi Competition	6:15pm-7:15pm Hydro Training Julie Competition	6:15pm-7:15pm Hydro Training Skye Competition	6:15pm-7:15pm Hydro Training Amanda G Competition			

WATER FITNESS CLASS DESCRIPTIONS

BOGAFit

Think boot camp mixed with yoga on a "FITMAT" on top of the water! You will sweat, laugh, and work hard all in the water all at once! Registration is open to members and non-members. 6 Week session is \$10 for members and \$20 for non-members.

Hydro-Training

Hydro-Training will improve fitness level, develop muscle tone, and help with weight loss and strength your abdominals. Classes vary each week, involving variety of equipment and some deep water exercise.

Hydro H.I.T

This pool based, intense workout gets your heart pumping and fat burning. Hydro H.I.T. improves muscle tone and strength through H-High I-Intensity T-Training.

Boot Camp

Boot Camp is a high intensity water fitness program with the benefits of low impact exercise. Gets your heart rate pumping with skills and drills including a variety of equipment: medicine balls, swimming laps, bands, and of course a great attitude!