



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

LAP POOL

MONDAY-FRIDAY

5:00 am-2:00 pm: Open
2:00 pm-3:00 pm: Closed
3:00 pm-8:30 pm: Open

SATURDAY

6:00 am-4:30 pm: Open

SUNDAY

9:00 am-4:30 pm: Open



AQUATIC CENTER

MONDAYS & WEDNESDAYS

Current Channel

5:00 am-8:45 am: Water Walking
8:45 am-9:15 am: Aqua Balance
9:20 am-10:15 am: Aqua Tone
10:20 am-11:15 am: Swimnastics
11:15 am- 12:15 pm: Open Swim
12:15 pm-2:00 pm: Water Walking
2:00 pm-5:00pm: Open Swim
5:00 pm-6:45 pm: Water Walking
6:45 pm-7:30 pm: Aqua Classic/Aqua Balance (Wed)
7:30 pm-8:30 pm: Open Swim

Activity Area

5:00 am-8:45 am: Open Swim
8:45 am-9:15 am: Aqua Balance
9:20 am-10:15 am: Aqua Tone
10:20 am-11:15 am: Swimnastics
11:15 am-4:00 pm: Open Swim
4:00 pm-6:45 pm: Swim Lessons
6:45 pm-7:30 pm: Aqua Classic/Aqua Balance (Wed)
7:30 pm-8:30 pm: Open Swim

Wading Area

5:00 am-9:15 am: Open Swim
9:15 am-11:45 am: Preschool
11:45 am-8:30 pm: Open Swim

TUESDAYS

Current Channel

5:00 am-8:30 am: Water Walking
8:30 am-9:15 am: Aqua Zumba
9:15 am-12:00 pm: Water Walking
12:00 pm-5:00 pm: Open Swim
5:00 pm-6:45 pm: Water Walking
6:45 pm-8:30 pm: Open Swim

Activity Area

5:30 am-8:30 am: Open Swim
8:30 am-9:15 am: Aqua Zumba
9:15 am-10:50 am: Swim Lessons
10:50 am-4:00 pm: Open Swim
4:00 pm-6:45 pm: Swim Lessons
6:45 pm-8:30 pm: Open Swim

Wading Area

5:00 am-8:30 pm: Open Swim

THURSDAYS

Current Channel

5:00 am-8:30 am: Water Walking
8:30 am-9:15 am: Open Swim
9:15 am-12:00 pm: Water Walking
12:00 pm- 5:00 pm: Open Swim
5:00 pm-6:15 pm: Water Walking
6:45 pm-7:30 pm: Aqua Zumba
7:00 pm-8:30 pm: Open Swim

Activity Area

5:00 am-8:40 am: Open Swim
8:40 am-9:10 am: Aqua Spin
9:30 am-10:45 am: Swim Lessons
10:45 am-4:00 pm: Open Swim
4:00 pm-6:45 pm: Swim Lessons
5:50 pm-6:15 pm: Open Swim
6:45 pm-7:30 pm: Aqua Zumba
7:30 pm-8:30 pm: Open Swim

Wading Area

5:00 am-8:30 pm: Open Swim

FRIDAYS

Current Channel

5:00 am-8:45 am: Water Walking
8:45 am-9:15 am: Aqua Balance
9:20 am-10:15 am: Aqua Tone
10:20 am-11:15 am: Swimnastics
11:15 am- 12:15 pm: Open Swim
12:15 pm-2:00 pm: Water Walking
2:00 pm-5:00pm: Open Swim
5:00 pm-6:45 pm: Water Walking
6:45 pm-8:30 pm: Open Swim

Activity Area

5:00 am-8:45 am: Open Swim
8:45 am-9:15 am: Aqua Balance
9:20 am-10:15 am: Aqua Tone
10:20 am-11:15 am: Swimnastics
11:15 am-6:45 pm: Open Swim
6:45 pm-8:30 pm: Volleyball/Open Swim
4:00 pm-6:45 pm: Make Up Swim Lessons

Wading Area

5:00 am-9:15 am: Open Swim
9:15 am-11:45 am: Preschool
11:45 am-8:30 pm: Open Swim

SATURDAYS

Current Channel

6:00 am-8:00 am: Water Walking
8:00 am-3:30 pm: Open Swim
3:30 pm-4:30 pm: Water Walking

Activity Area

6:00 am-8:25 am: Open Swim
8:25 am-11:40 am: Swim Lessons
11:40 am-4:30 pm: Open Swim

Wading Area

6:00 am-4:30 pm: Open Swim

SUNDAY

Current Channel

9:00 am-11:00 am: Water Walking
11:00 am-3:30 pm: Open Swim
3:30 pm-4:30 pm: Water Walking

Activity Area

9:00 am-4:30 pm: Open Swim

*PLEASE NOTE:

Schedule is subject to change at anytime.



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POOL RULES & GENERAL INFO

Pool Rules

- No Running
- Absolutely no sitting, standing, or climbing over the thin walls that separate the pool sections
- Children 2 and under must be actively* supervised by an adult (18+)
- Children 3-9 must remain in the wading area unless they have passed swim test, or are actively supervised by an adult (18+)
- Children under the age of 10 must have an adult on pool deck at all times
- Non-potty trained patrons are required to wear a swim diaper
- Proper swim attire is required, no cut-offs
- No food, drinks (other than water), gum, tobacco are allowed on pool deck
- No street shoes
- Only coast guard approved flotation devices are allowed, no water wings
- No horseplay play (i.e. throwing children into air, wrestling, hanging on basketball hoops and/or nets, play drowning/breath holding games, or anything up to lifeguard discretion)
- No animals
- Diaper and clothes changing is prohibited on pool deck
- Glass and shatterable items are prohibited
- Do not enter the pool if you have a communicable disease or an open cut

*Actively supervised means an adult must stay within arm's reach of the child at all times when they are in the water

FAILURE TO FOLLOW THESE RULES AND/OR THE LIFEGUARD'S INSTRUCTIONS WILL RESULT IN A LOSS OF POOL PRIVILEGES.



Current Channel and Water Walking Etiquette:

1. The channel is open for walking/swimming while aquatic center is open.
2. During designated water walking times: walking, running, jogging with or against current
3. Ages 14 and up (lifeguard discretion)
4. No horseplay, floating, swimming, or splashing during water walking times

Family/Open Swim:

1. Recreational swim times are open to everyone.
2. Any child under the age of 10 must be accompanied by an adult (18+)
3. All children under the age of 10 must pass a swim test. Please see lifeguard for details.
4. Adults are required to be in water with any child under the age of 2.

Lap Swimming Etiquette:

1. Lap swimming
2. During peak times you may be asked to share a lane
3. Ages 16 and up unless (lifeguard discretion)
4. Water walking (lifeguard discretion)

Class Descriptions

Aqua Mobility: The focus of this class is gentle joint stretching to help relieve aches and pains from arthritis and other joint pain.

Swimnastics: This is a "work at your own pace" class, that will build your cardiovascular level and increase your endurance and strength. The class is a CD led workout supervised by staff.

Aquacise: This class is excellent for all ages. It can be performed at low levels to help recover from an injury and strengthen muscles after a surgery OR at a higher intensity. The class includes movements like sprinting, jumping jacks, squats, crunches, resistance training (water weights) and so much more.

Aqua Balance: A low to medium work-out with focus on improving flexibility and balance.

Aqua Classic: If you're feeling nostalgic and love music from the 50s - 80s this class is for you! This is a low to medium intensity workout that uses fitness boards, weights, noodles and dance.

Aqua Tone: A medium to high impact cross-training workout that incorporates dance choreography and water weights all set to fun music of all genres.

Aqua Zumba: Just add water and shake! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.