

AQUATICS: January-May 2017

LAP POOL SCHEDULE

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 - 5:00 lanes available	6	6	6	6	6		
5:00 - 6:30 lanes available	6	Masters 3	6	Masters. 3	6		
6:30 - 8:00 lanes available	6	6	6	6	6	Pool opens at 7:00 6	
8:00 - 9:00 lanes available	Deep Water @ 8:30 Amy - 4 lanes available	Deep Water @ 8:15 Jodie - 4 lanes available	6	Deep Water @ 8:15 Jodie - 4 lanes available	6	PEAQ 3	
9:00 - 11:00 lanes available	6	6	6	Deep Water @ 9:15 Jodie - 4 lanes available	6	6	
11:00 - 12:00 lanes available	6	6	6	6	6	6	
12:00 - 1:00 lanes available	6	6	Masters 4	6	6	6	
1:00 - 2:00 lanes available	6	6	6	6	6	6	Pool Opens at 1:00 6
2:00 - 3:30 lanes available	6	6	6	6	6	6	6
3:30 - 5:30 lanes available	PEAQ 3	PEAQ 3	PEAQ 3	PEAQ 3	PEAQ 3	6	6
5:30 - 5:45 lanes available	6	6	6	6	6	Pool Closes @ 5:45 6	Pool Closes @ 5:45 6
6:00 - 8:30 lanes available	6	6	6	6	6		
8:30 - 9:30 lanes available	Pool Closes @9:15 6	Pool Closes @9:15 6	Pool Closes @9:15 6	Pool Closes @9:15 6	Pool Closes @7:45 6		

* Lanes available: the number of lanes available for swimming. Available on a first come first serve basis and can be shared

THERAPY POOL

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45							
6:45 - 8:30							
8:30 - 9:30							
9:30 - 10:30	Aqua Fit @ 9:30 Amy	Aqua Fit @ 9:30 Julia			Aqua Zumba @ 9:30 Joanne	Aqua Fit @ 9:30 Rotation	
10:30-11:30	Aqua Sculpt @ 10:30 Julia		Aqua Fit @ 10:30 Julia				
11:00 - 12:00							
12:00 - 1:00							
1:00 - 2:00							
2:00 - 3:00							
3:00 - 4:00							
4:00 - 4:45	Swim Lessons: Tots 2-3	Swim Lessons: Beginners	Swim Lessons: Advanced Beginners	Swim Lessons: Junior Swimmers			
4:45 - 5:45			Aqua Fit @ 4:45 Nanci				
5:45 - 6:45	Aqua Fit @6:00 Amy	Aqua Fit @5:45 Teresa		Aqua Fit @5:45 Teresa		Pool close at 5:45	Pool close at 5:45
7:00 -8:00					pool closes @7:45		
8:00 - 9:30	pool closes @9:15	pool closes @9:15	pool closes @9:15	pool closes @9:15			

* Therapy Pool not available for lap swimming. It is for individual, stationary exercise.

* Therapy Pool is closed during swim lessons and water aerobics.