

Indoor Pool Schedule - October 2026						
<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Open Swim 11:30am - 3:45pm	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap Swim Only 6:30am - 7:30am	Lap/Open Swim 7:00am- 9:00am
	Open Swim 7:30am - 11:45am	Open Swim 7:30am - 9:15am	Open Swim 7:30am - 11:45am	Open Swim 7:30am - 9:15am	Open Swim 7:30am - 5:00pm	Swim Lessons 9:00am - 11:35am
	Aqua Fit (Peggy) 11:45am - 12:45pm	Aqua Fit (Jacque) 9:15am - 10:15am	Aqua Fit (Liz) 11:45am - 12:45pm	Aqua Fit (Liz) 9:15am - 10:15am		Open Swim 11:35am - 5:45pm
	Open Swim 12:45pm - 5:00pm	Open Swim 10:15am - 12:30pm	Open Swim 12:45pm - 4:50pm	Open Swim 10:15am - 12:30pm		
		Phys Ed Class 12:30pm - 1:30pm		Phys Ed Class 12:30pm - 1:30pm		
	Swim Team 5:00pm - 7:35pm	Open Swim 1:30pm - 5:00pm		Open Swim 1:30pm - 5:00pm		
		Swim Team 5:00pm - 7:35pm	Swim Lessons/Swim Team 4:50pm - 7:35pm	Swim Team 5:00pm - 7:35pm	Swim Team 5:00pm - 6:35pm	
	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 7:35pm - 8:45pm	Open Swim 6:35pm - 7:45pm	
POOL SCHEDULE SUBJECT TO CHANGE						

AQUA FIT			
This low-impact class is performed in shallow water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and other equipment.			
CLASS SESSION: Oct 5th - Oct 29th	2 Days M - \$23 / NM - \$32	3 Days M - \$34 / NM - \$48	4 Days M - \$45 / NM - \$64