



March Indoor Pool Schedule

Lap swim, open swim, swim lessons, and water aerobics

Pool Hours: 5:00 am—8:45 pm M-Friday, 7:00am — 8:45 pm Saturday, 7:00 am—7:45 pm Sunday

Outdoor Pool Hours: 11:00 am- 8:00 pm Monday - Friday, 11:00 am- 7:00 pm Saturday & Sunday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Closed	Closed
7:00						Lap Swim Adult Only	Lap Swim Adult Only
8:00							
9:00						Developmental Swim Team	
9:45							
10:00	Water Aerobics w/ Kathy R	Water Aerobics w/Kelly B Lap Lane No Open Swim	Water Aerobics w/Kathy R Lap Lane	Water Aerobics w/Kelly B Lap Lane No Open Swim		Water Fitness w/Tammy C Lap Lane	
10:30							
10:45							
11:00		Parent Child Class				Parent Child Class	
11:15							
11:30		Open Swim					
12:00	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim		
1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:30		Water Basketball (Shallow End) Open Swim		Water Basketball (Shallow End) Open Swim			
2:30					Swim Lessons Pool Open		
3:00							
3:30							
4:00	Swim Lessons Pool Open	Swim Lessons Pool Open		Swim Lessons Pool Open			
4:30							
5:00	Swim Team		Swim Team	Parent Child Class			Pool Closes at 7:45 pm
5:30		Water Fitness w/Tammy C Lap Lane		Water Fitness w/ Tammy C Lap Lane			
6:00		Adult Only Lap Swim		Adult Only Lap Swim	Adult Only Lap Swim		
7:00							
8:00 To 8:45	Two lanes lap swim/One lane open swim		Two lanes lap swim/One lane open swim				

The pool is in use during the above designated times and private swim lessons may be taught at various times. Adult Lap Swim, and the Lap Lane is for adults 18+ only and Swim Team is for participants only.

Class Descriptions

Monday with Kathy R: A good cardio class with targeted strength training.

Tuesday AM with Kelly B: Overall toning and fitness.

Tuesday PM with Tammy: Cardio, endurance and toning.

Wednesday with Kathy R: Mostly focused on deep end water exercise with cardio and toning.

Thursday with Kelly B: Overall toning and fitness.

Saturday with Tammy: Cardio, endurance and toning.