

JANUARY POOL SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>The Therapy Pool will be open any time Open Swim or Lap Swim is labeled on the schedule. Additionally, it will be open during Swim Team Practice <u>when specified</u>.</p>						1 CLOSED HAPPY NEW YEAR!
2	3	4	5	6	7	8
12-4 OPEN SWIM	5:00-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
	4:00-6:30 SWIM TEAM PRACTICE (Lap Pool) & THERAPY USE (Therapy Pool)					12-4 OPEN SWIM
	6:30-7:30 OPEN SWIM					
		6:30-7:30 TORPEDOES (Shared Pool)		6:30-7:30 TORPEDOES (Shared Pool)		
9	10	11	12	13	14	15
12-4 OPEN SWIM	5:00-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					7-9 SWIM TEAM (Shared Pool 8-9)
	4:00-6:30 SWIM TEAM PRACTICE (Lap Pool) & THERAPY USE (Therapy Pool)				SWIM TEAM ONLY	8-12 LAP SWIM
	6:30-7:30 OPEN SWIM					12-4 OPEN SWIM
		6:30-7:30 TORPEDOES (Shared Pool)		6:30-7:30 TORPEDOES ONLY		
16	17	18	19	20	21	22
12-4 OPEN SWIM	5:00-1:00 LAP SWIM (NO WATER FITNESS CLASSES)					7-9 SWIM TEAM (Shared Pool 8-9)
	4:00-6:30 SWIM TEAM PRACTICE (Lap Pool) & THERAPY USE (Therapy Pool)					8-12 LAP SWIM
	6:30-7:30 OPEN SWIM					12-4 OPEN SWIM
23	24	25	26	27	28	29
12-4 OPEN SWIM	5:00-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
	4:00-6:30 SWIM TEAM (Lap) & THERAPY USE (Therapy)			5:30 AM SWIM TEAM (Shared Pool)		12-2 OPEN SWIM
	6:30-7:30 OPEN SWIM				4-7:30 OPEN SWIM	
30	31	6:30-7:30 TORPEDOES (Shared Pool)		6:30-7:30 TORPEDOES (Shared Pool)		

WATER FITNESS CLASSES

MONDAY

8:00-9:00
Aqua Cardio Silver Splash

9:00-9:30
Aqua Deep Water

TUESDAY

7:15-8:00
Aqua Body Strong
Water Yoga

8:00-9:00
Aqua Kickboxing

9:00-9:30
Aqua Combat

WEDNESDAY

5:30-6:15
Aqua Bootcamp

6:15-7:00
BogaFit Water Yoga

8:00-9:00
Aqua Cardio Silver Splash

9:00-9:30
Aqua Deep Water

THURSDAY

7:15-8:00
Aqua Body Strong
Water Yoga

8:00-9:00
Aqua Kickboxing

FRIDAY

8:00-9:00
Aqua with Weights