

MAY POOL SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	5:00 AM-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
12-4 OPEN SWIM	5:00 PM-7:30 OPEN SWIM				4-5:30 AFTER SCHOOL PROGRAM	12-4 OPEN SWIM
					5:30-7:30 OPEN SWIM	
8	9	10	11	12	13	14
	5:00 AM-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
12-4 OPEN SWIM	5:00 PM-7:30 OPEN SWIM				4-5:30 AFTER SCHOOL PROGRAM	12-4 OPEN SWIM
					5:30-7:30 OPEN SWIM	
15	16	17	18	19	20	21
	5:00 AM-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
12-4 OPEN SWIM	5:00 PM-7:30 OPEN SWIM				4-5:30 AFTER SCHOOL PROGRAM	12-4 OPEN SWIM
		6:30-7:30 TORPEDOES Shared Pool		6:30-7:30 TORPEDOES Shared Pool	5:30-7:30 OPEN SWIM	
22	23	24	25	26	27	28
	5:00 AM-1:00 LAP SWIM (8-9 WATER FITNESS CLASS)					8-12 LAP SWIM
12-4 OPEN SWIM	5:00 PM-7:30 OPEN SWIM					12-4 OPEN SWIM
		6:30-7:30 TORPEDOES Shared Pool		6:30-7:30 TORPEDOES Shared Pool		
29	30	31	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center;"> The Therapy Pool will be open any time Open Swim or Lap Swim is labeled on the schedule unless otherwise stated. </div>			
12-4 OPEN SWIM	CLOSED MEMORIAL DAY	5:00AM-1:00 LAP				
		5:00PM-7:00 OPEN				
		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 Combat

8:00-9:00
Aqua Kickboxing

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