

# LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 5:30-7:30 am	<b>Lap Swim</b> 5:30 am-6 pm	<b>Lap Swim</b> 5:30-7:30 am	<b>Lap Swim</b> 5:30 am-6 pm	<b>Lap Swim</b> 5:30 am-7:30 am	<b>Lap Swim</b> 8 am-Noon
<b>AquaFit</b> 7:30-8:30 am	<b>AquaPower</b> 6-7 pm	<b>AquaFit</b> 7:30-8:30 am	<b>AquaPower</b> 6-7 pm	<b>AquaFit</b> 7:30-8:30 am	<b>Open Swim</b> Noon-5:30 pm
<b>Lap Swim</b> 8:30 am-8 pm	<b>Lap Swim</b> 7-8 pm	<b>Lap Swim</b> 8:30 am-8 pm	<b>Lap Swim</b> 7-8 pm	<b>Lap Swim</b> 8:30 am-6:30 pm	<b>Hot Tub</b> 8 am-5:30 pm
<b>Hot Tub</b> 5:30 am-8 pm	<b>Hot Tub</b> 5:30 am-8 pm	<b>Hot Tub</b> 5:30 am-8 pm	<b>Hot Tub</b> 5:30 am-8 pm	<b>Hot Tub</b> 5:30 am-6:30 pm	<b>SUNDAY</b>  <b>Open Swim</b> 12-5:30 pm  <b>Hot Tub</b> 12-5:30 pm

## Lifeguards are on duty:

- **Monday-Thursday, 3:30-8 pm**
- **Friday, 3:30-6:30 pm**
- **Saturday & Sunday, Noon-5:30 pm**

The vortex and current channel may be open limited times Monday through Thursday from 3:30-8 pm, and the slide, vortex, and current channel may be open limited times Fridays from 3:30-6:30 pm, and Saturday and Sunday 1pm-5pm and only when lifeguards are on duty.

## Aqua classes are for members 14 years and older.

- **AquaFit:** An active workout designed to improve aerobic fitness, strength and flexibility.
- **AquaPower:** Offers a more intense workout using a variety of equipment.

Swim club is for kids ages 10-14 after passing a prerequisite swim test.

Lap swim is for members 14 years and older and is not supervised by a lifeguard.

