



FAMILY AQUATIC CENTER SCHEDULE

SPRING 2022

April 4-May 29

Except for holidays, Special Events and Swim Meets.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	
5:30	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	
6:00															
6:30															
7:00															
7:30															
8:00	FLUID RUNNING 8-8:55am				FLUID RUNNING 8-8:55am						FLUID RUNNING 8-8:55am				
8:30				AQUA BATA 8-8:50am							PILATES PLUS AQUA 8-8:50am				
9:00		AQUA CARDIOTONE 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am			AQUA FUSION 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am			AQUA CARDIOTONE 9-9:50am			
9:30	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am
10:00															
10:30															
11:00		AQUA LOW IMPACT 11-11:50pm		AQUA LOW IMPACT 11-11:50am			AQUA CARDIOTONE 11-11:50am				AQUA LOW IMPACT 11-11:50am			AQUA LOW IMPACT 11-11:50am	
11:30															
12:00															
12:30						AQUA LOW IMPACT 12-12:50pm									
1:00	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING			LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING			LAP SWIMMING		
1:30															
2:00															
2:30															
3:00	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	SWIM LESSONS 3-5pm	SWIM LESSONS 3-5pm	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	
3:30															
4:00															
4:30															
5:00		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm	SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm	SWIM LESSONS 3-6:30pm	SWIM LESSONS 3-6:30pm	SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm	
5:30															
6:00	SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm	SWIM TEAM 5-8:30pm	SWIM TEAM 5-8:30pm	SWIM TEAM 5-8:30pm	SWIM TEAM 5-8:30pm	SWIM TEAM 5-8:30pm	LIMITED LANES	SWIM TEAM 5-8pm	
6:30															
7:00															
7:30	LIMITED LANES		LIMITED LANES		LIMITED LANES			LIMITED LANES					LIMITED LANES		
8:00		OPEN SWIM 6:30-9pm		OPEN SWIM 6:30-9pm		OPEN SWIM 6:30-9pm	OPEN SWIM 6:30-9pm	LIMITED LANES	OPEN SWIM 6:30-9pm	OPEN SWIM 6:30-9pm	OPEN SWIM 6:30-9pm	OPEN SWIM 6:30-9pm		OPEN SWIM 6:30-9pm	
8:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	LAP SWIMMING					LAP SWIMMING		
9:00															

Monday - Friday 5:30am-12PM | 18+ ONLY
Deck Attendant Operations | No Lifeguard on Duty
See the back of the page for more information

LAP SWIMMING	WATER WALKING 7-8am	LAP SWIMMING	WATER WALKING 7-8am
LIMITED LANES		LIMITED LANES	
SWIM LESSONS 8-Noon		SWIM LESSONS 8-Noon	
LAP SWIMMING	OPEN SWIM 12-5:30pm	LAP SWIMMING	OPEN SWIM 12-5:30pm
	WATER SLIDE ON		WATER SLIDE ON
LIMITED LANES		LIMITED LANES	
PRIVATE RENTAL 6-8pm		PRIVATE RENTAL 6-8pm	

FAC closes at 9pm Monday-Thursday.

Hot tub closes at 8pm on Wednesdays for weekly cleaning.

See classes breakdown on the backside.

The Aquatic Center will close at 1pm on the dates of the Stars swim meets.
There will be no lap swimming Mon-Thur 5-7pm and weekday mornings during Fluid Running. We will do our best to ensure at least 2 lanes are available during all other programming time slots as noted with LIMITED LANES above.

The FAC will close at 1pm on the Stars swim meets.



AQUATIC CLASSES SCHEDULE



SPRING 2022
April 4-May 29
Except for holidays, Special Events and Swim Meets.

MONDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

TUESDAY:

CLASS	TIME
AquaBata (HIIT and tabata intervals)	8-8:50am
Fluid Running	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

WEDNESDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Fusion (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am
Aqua Low Impact	12-12:50pm

THURSDAY:

CLASS	TIME
Pilates Plus Aqua	8-8:50am
Fluid Running (Senior Class)	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

FRIDAY:

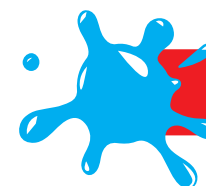
CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

Magenta classes are taught by Kathy
Blue classes are taught by Shelly



DECK ATTENDANT OPERATIONS MONDAY-FRIDAY, 5:30AM - 12PM

- No lifeguard on duty Monday-Friday, 5:30am-12pm.
- Pool will be staffed by a Deck Attendant certified in CPRP/AED prepared to respond in an emergency.
 - Pool will be available to all members and guests 18+ for lap swimming and water exercise only.
- Open swim will continue to begin at 12pm each day with lifeguards overseeing the pools and all guests.



See Family Aquatic Center
Schedule on the backside.

LAST UPDATED: 04/04/2022