



FAMILY AQUATIC CENTER SCHEDULE

FALL 2023

September 9-December 31

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 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | 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 | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:30 | FLUID RUNNING 8-8:55am | | | AQUA BATA 8-8:50am | FLUID RUNNING 8-8:55am | | | PILATES PLUS AQUA 8-8:50am | FLUID RUNNING 8-8:55am | | | | | |
| 9:00 | | | | | | | | | | | | | | |
| 9:30 | | 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 | | | | |
| 10:00 | 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 | LAP SWIMMING | ARTHRITIS THERAPY 10-10:50am | | | | |
| 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 12-3:30pm | LAP SWIMMING | OPEN SWIM 12-3:30pm | LAP SWIMMING | OPEN SWIM 12-3:30pm | LAP SWIMMING | OPEN SWIM 12-3:30pm | LAP SWIMMING | OPEN SWIM 12-3:30pm | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 3:00 | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 4:00 | | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 6:00 | SWIM TEAM 5-8:30pm | SWIM LESSONS 3:30-7pm | SWIM TEAM 5-8:30pm | SWIM LESSONS 3:30-7pm | SWIM TEAM 5-8:30pm | SWIM LESSONS 3:30-7pm | SWIM TEAM 5-8:30pm | SWIM LESSONS 3:30-7pm | SWIM TEAM 5-8:30pm | SWIM LESSONS 3:30-7pm | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:30 | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | LIMITED LANES | | | | | |
| 8:00 | | OPEN SWIM 7-9pm | | OPEN SWIM 7-9pm | | OPEN SWIM 7-9pm | | OPEN SWIM 7-9pm | | OPEN SWIM 7-9pm | | | | |
| 8:30 | LAP SWIMMING | | LAP SWIMMING | | LAP SWIMMING | | LAP SWIMMING | | LAP SWIMMING | | | | | |
| 9:00 | | | | | | | | | | | | | | |

FAC closes at 9pm Monday-Friday

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

Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.

Non-Member Admission Fee:

Admission Fee: \$12 | In-District Rate: \$10 | Children 2 and under are free.

The Aquatic Center will close at 1pm on the dates of the Stars swim meets.

There will be no lap swimming Mon-Wed 5-7pm, Thursday 4:30-7pm due to youth programming, 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.

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

See classes breakdown
on the backside.



AQUATIC CLASSES SCHEDULE



FALL 2023

September 9-December 31

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 |

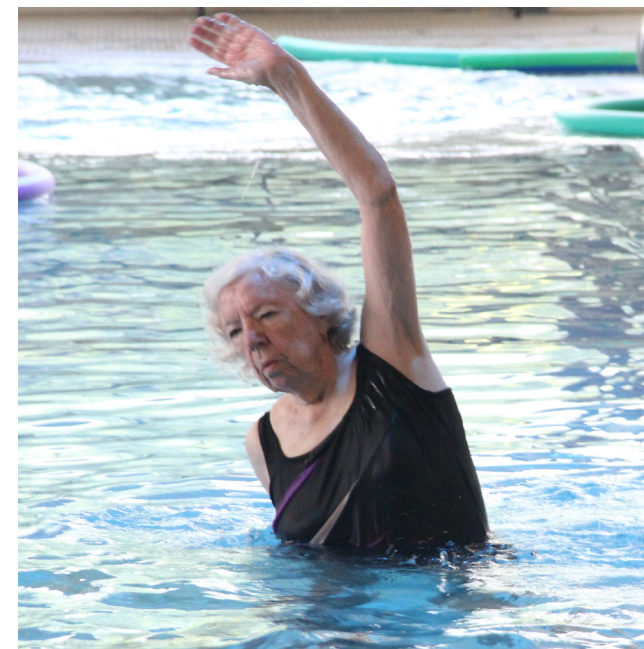
THURSDAY:

| 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 |

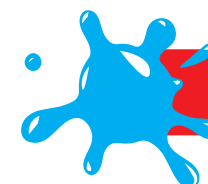
Magenta classes are taught by Kathy
Blue classes are taught by Shelly



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.

Sensory Friendly Swims - 7-9pm on the 1st Wednesday of each month, beginning October 4th
(Quiet and distraction free facility operations: no programming, no play features, music turned off to ensure calm and welcoming environment.)



See Family Aquatic Center
Schedule on the backside.

LAST UPDATED: 08/25/2023