



FAMILY AQUATIC CENTER SCHEDULE

Winter/Spring 2024

January 1 - May 24

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

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.

See classes breakdown on the backside.

The Aquatic Center will close at 1pm on 1/20 and 2/17 for STARS Swim Team 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.

FAC closes at 9pm Monday-Friday
The FAC will close at 1pm on the Stars swim meets.



AQUATIC CLASSES SCHEDULE



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MONDAY:

CLASS	TIME
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
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

WEDNESDAY:

CLASS	TIME
Aqua Fusion (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am

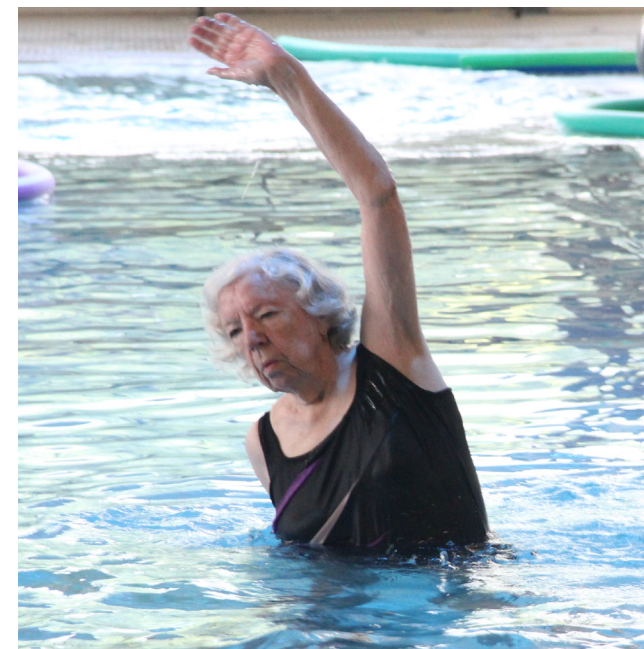
THURSDAY:

CLASS	TIME
Pilates Plus Aqua	8-8:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

FRIDAY:

CLASS	TIME
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 instructor Shelly

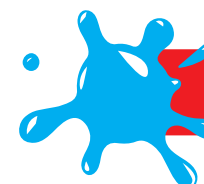


DECK ATTENDANT OPERATIONS MONDAY-FRIDAY, 5:30AM - 12PM

- 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.

(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: 01/08/2024