

# AQUATIC SCHEDULE

	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	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														
6:30																										
7:00																										
7:30													LAP SWIMMING	WATER WALKING 7-8am												
8:00	FLUID RUNNING 8-9am			AQUA PILATES 8-8:50am	FLUID RUNNING 8-9am			AQUA BALANCE 8-8:50am	FLUID RUNNING 8-9am				LIMITED LANES	SWIM LESSONS 8-Noon												
8:30																										
9:00		AQUA CARDIOTONE 9-9:50am	FLUID RUNNING 9-10am	SELF-LED EXERCISE 9-10am		AQUA BATA 9-9:50am	FLUID RUNNING 9-10am	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	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LIMITED LANES	SWIM LESSONS 8-Noon												
10:00																										
10:30				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								
11:00																										
11:30																										
12:00																										
12:30	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LIMITED LANES	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-9pm	WATER SLIDE 4-8pm	LAP SWIMMING	OPEN SWIM 12-5:30pm												
1:00																										
1:30															SWIM LESSONS* 1-2:30pm											
2:00																										
2:30		OPEN SWIM 12-4pm																								
3:00	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES				LAP SWIMMING	OPEN SWIM 12-5:30pm												
3:30																										
4:00																										
4:30	LIMITED LANES	SWIM LESSONS 4-5pm	LIMITED LANES	SWIM LESSONS 4-5pm	LIMITED LANES	SWIM LESSONS 4-5pm	LIMITED LANES	SWIM LESSONS 4-5pm	LIMITED LANES	SWIM LESSONS 4-5pm																
5:00																										
5:30		SWIM LESSONS 4-7:30pm		SWIM LESSONS 4-7:30pm		SWIM LESSONS 4-7:30pm		SWIM LESSONS 4-7:30pm		SWIM LESSONS 4-7:30pm																
6:00	SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-7:30pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm																	
6:30																										
7:00	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES																	
7:30																										
8:00		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm																
8:30	MASTERS SWIM TEAM 8-9pm		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

Swim Central closes at 9pm Monday-Friday and at 1pm on days on the Stars swim meets.

\*Water features will be unavailable during swim lessons.

Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.  
Non-Member Admission Fee:  
Admission Fee: \$14 | In-District Rate: \$10 | Children 2 and under are free.

Swim Central will close at 1pm on February 8 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.

**MONDAY:**

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

**TUESDAY:**

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

**WEDNESDAY:**

CLASS	TIME
Fluid Running*	8-9am
Aqua Bata (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am

**THURSDAY:**

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

**FRIDAY:**

CLASS	TIME
Fluid Running*	8-9am
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  
Green classes instructor Mary



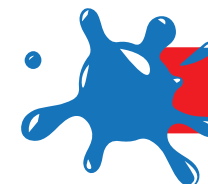
\*Not included in membership. Register on line or in person drop in.

## 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 the Swim Central  
schedule on the backside.