



# FAMILY AQUATIC CENTER SCHEDULE

MAY 2024

Splash Island Available Starting May 25th  
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  | 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  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 8:30  |                 |  | LAP SWIMMING    | AQUA BATA 8-8:50am                         | LAP SWIMMING    |  |                 | LAP SWIMMING            | PILATES PLUS AQUA 8-8:50am                 | LAP SWIMMING  |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 9:00  |                 | AQUA CARDIOTONE 11-11:50am                 |                 | SELF-LED EXERCISE 9-10am                   |                 |  |                 |                         | SELF-LED EXERCISE 9-10am                   |               |                              |  | LAP SWIMMING  | AQUA CARDIOTONE 9-9:50am |  |  |  |  |  |  |  |  |
| 9:30  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 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 |  | LIMITED LANES | SWIM LESSONS 8-Noon      |  |  |  |  |  |  |  |  |
| 10:30 |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 11:00 |                 | AQUA LOW IMPACT 11-11:50pm                 |                 | AQUA LOW IMPACT 11-11:50am                 |                 | AQUA CARDIOTONE 11-11:50am                 |                 | LAP SWIMMING            | AQUA LOW IMPACT 11-11:50am                 | LAP SWIMMING  | AQUA LOW IMPACT 11-11:50am   |  |               |                          |  |  |  |  |  |  |  |  |
| 11:30 |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 12:00 |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 12:30 |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 1:00  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 1:30  | 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          |  |               |                          |  |  |  |  |  |  |  |  |
| 2:00  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 2:30  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 3:00  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 3:30  | LIMITED LANES   |  | LIMITED LANES   |  | LIMITED LANES   |  | LIMITED LANES   |                         |  | LAP SWIMMING  | OPEN SWIM 12-9pm             |  |               |                          |  |  |  |  |  |  |  |  |
| 4:00  |                 | SWIM LESSONS 3:30-5pm                      |                 | SWIM LESSONS 3:30-5pm                      |                 | SWIM LESSONS 3:30-5pm                      |                 | LIMITED LANES           | SWIM LESSONS 3-5pm                         |               | WATER SLIDE 4-8pm            |  |               |                          |  |  |  |  |  |  |  |  |
| 4:30  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 5:00  |                 | SWIM LESSONS 3:30-7pm                      |                 | SWIM LESSONS 3:30-7pm                      |                 | SWIM LESSONS 3:30-7pm                      |                 |                         | SWIM LESSONS 3-7pm                         |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 5:30  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 6:00  | SWIM TEAM 5-8pm |  | SWIM TEAM 5-8pm |  | SWIM TEAM 5-8pm |  | SWIM TEAM 5-8pm |                         | SWIM TEAM 5-8pm                            |               | SWIM TEAM 5-8pm              |  | LIMITED LANES | 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                            |                 | LIMITED LANES           | MASTERS SWIM TEAM 8-9pm                    |               | OPEN SWIM 7-9pm              |  |               |                          |  |  |  |  |  |  |  |  |
| 8:30  |                 |  |                 |  |                 |  |                 |                         |  |               |                              |  |               |                          |  |  |  |  |  |  |  |  |
| 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

Private Rental 6-8pm

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 Splash Island Schedule and 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 Tue/Thu during Fluid Running 8-9am. 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.



# SPLASH ISLAND SCHEDULE (May 25 -31 ONLY)

MAY 2024

Splash Island Available Starting May 25th  
Except for holidays, Special Events and Swim Meets.

**SATURDAY**  
MAY 25

**SUNDAY**  
MAY 26

**MONDAY**  
MAY 27

**TUESDAY**  
MAY 28

**WEDNESDAY**  
MAY 29

**THURSDAY**  
MAY 30

**FRIDAY**  
MAY 31

|    |       |                          |                          |                           |                    |                    |                    |                    |
|----|-------|--------------------------|--------------------------|---------------------------|--------------------|--------------------|--------------------|--------------------|
| AM | 10:00 |                          |                          | OPEN SWIM<br>10am-12:30pm |                    |                    |                    |                    |
|    | 11:00 |                          |                          |                           |                    |                    |                    |                    |
|    | 12:00 |                          |                          |                           |                    |                    |                    |                    |
|    | 1:00  |                          |                          |                           |                    |                    |                    |                    |
|    | 2:00  | OPEN SWIM<br>10am-3:30pm | OPEN SWIM<br>10am-3:30pm | MEMORIAL<br>DAY           |                    |                    |                    |                    |
| PM | 3:00  |                          |                          |                           |                    |                    |                    |                    |
|    | 4:00  |                          |                          |                           |                    |                    |                    |                    |
|    | 5:00  |                          |                          |                           | OPEN SWIM<br>2-7pm | OPEN SWIM<br>2-7pm | OPEN SWIM<br>2-7pm | OPEN SWIM<br>2-7pm |
|    | 6:00  |                          |                          |                           |                    |                    |                    |                    |
|    | 7:00  |                          |                          |                           |                    |                    |                    |                    |
|    | 8:00  |                          |                          |                           |                    |                    |                    |                    |

## AQUATIC CLASSES SCHEDULE

| MONDAY:           |            | TUESDAY:          |            | WEDNESDAY:        |            | THURSDAY:         |            | FRIDAY:           |            |
|-------------------|------------|-------------------|------------|-------------------|------------|-------------------|------------|-------------------|------------|
| CLASS             | TIME       | CLASS             | TIME       | CLASS             | TIME       | CLASS             | TIME       | CLASS             | TIME       |
| Aqua Cardio Tone  | 9-9:50am   | AquaBata          | 8-8:50am   | Aqua Fusion       | 9-9:50am   | Pilates Plus Aqua | 8-8:50am   | Aqua Cardio Tone  | 9-9:50am   |
| Arthritis Therapy | 10-10:50am | Arthritis Therapy | 10-10:50am | Arthritis Therapy | 10-10:50am | Arthritis Therapy | 10-10:50am | Arthritis Therapy | 10-10:50am |
| Aqua Low Impact   | 11-11:50am | Aqua Low Impact   | 11-11:50am | Aqua Cardio Tone  | 11-11:50am | Aqua Low Impact   | 11-11:50am | Aqua Low Impact   | 11-11:50am |

All water aerobics classes will change summer schedule on June 3.

**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.

**Upcoming Fluid Running classes**  
Begin May 28 on Tue/Thur 8-8:50am.  
Not included in membership. Register on line or in person.

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

**SPECIAL HOURS**  
May 27: Holiday – pool closes at 12:30pm  
June 1: Cori's Tri – late open 10am

See Family Aquatic Center Schedule on the backside.

LAST UPDATED: 4/18/2024