

# AQUATIC SCHEDULE

★ **MEMORIAL WEEK** ★

May 24-May 30

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

See the back of the page for more information

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

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.

Swim Central closes at 9pm Monday-Friday and at 1pm on days on the Stars 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       |
|---|------------|
| Aqua Pilates<br>(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 Bata<br>(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*<br>(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 |

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

Magenta classes are taught by Kathy  
Blue classes instructor Shelly  
Green classes instructor Mary

## SPLASH ISLAND SCHEDULE (May 24-30 ONLY)

### SATURDAY

MAY 24

OPEN SWIM  
10:00am-3:30pm

### SUNDAY

MAY 25

OPEN SWIM  
10:00am-3:30pm

### ★ MEMORIAL DAY ★

**MONDAY**  
MAY 26

OPEN SWIM  
10:00am-12:30pm

### TUESDAY

MAY 27

OPEN SWIM  
2:00-7:00pm

### WEDNESDAY

MAY 28

OPEN SWIM  
2:00-7:00pm

### THURSDAY

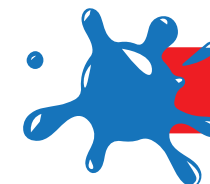
MAY 29

OPEN SWIM  
2:00-7:00pm

### FRIDAY

MAY 30

OPEN SWIM  
2:00-7:00pm



See the Swim Central  
schedule on the backside.

LAST UPDATED: 04/21/2025