

# FAMILY AQUATIC CENTER SCHEDULE

FALL 2023

November 6-December 31

Except for holidays, Special Events and Swim Meets.

**MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY I AP LAP LEISURE LAP LAP LAP LAP **LEISURE** LAP 5:30 6:00 WATER WATER MASTERS **MASTERS MASTERS** WATER WATER **WALKING & WATER WALKING &** 6:30 SWIM TEAM **SWIM TEAM** SWIM TEAM I AP WAI KING & WAI KING & 6-7am 6-7am **SELF-LED WALKING &** 6-7am **SELF-LED SWIMMING SWIMMING** 7:00 **SELF-LED SELF-LED EXERCISE** SFLF-LFD **EXERCISE** WATER **WATER** LAP **EXERCISE EXERCISE** 7:30 5:30-8am 5:30-8am **WALKING** WALKING **EXERCISE SWIMMING SWIMMING** 5:30-9am 5:30-9am 7-8am 7-8am 5:30-9am 8:00 PILATES PLUS AQUA LAP 8:30 LAP LAP **SWIMMING SWIMMING** 8-8:50am SWIMMING **SWIMMING SWIMMING** 9:00 **SELF-LED AOUA** SELF-LED **AOUA** AQUA CARDIOTONE 9:30 CARDIOTONE **FXFRCISE FUSION EXERCISE SWIM LESSONS SWIM LESSONS** 9-9:50am 9-10am 9-9:50am 9-9:50am 9-10am 10:00 8-Noon 8-Noon ARTHRITIS THERAPY ARTHRITIS THERAPY ARTHRITIS THERAPY ARTHRITIS THERAPY ARTHRITIS THERAPY LAP LAP 10:30 LAP I AP LAP **SWIMMING SWIMMING** 10-10:50am 10-10:50am 10-10:50am 10-10:50am 10-10:50am SWIMMING **SWIMMING SWIMMING** 11:00 **AOUA LOW AOUA LOW AOUA AOUA LOW AOUA LOW** 11:30 **IMPACT** CARDIOTONE **IMPACT IMPACT IMPACT** 11-11:50am 11-11:50am 11-11:50pm 11-11:50am 11-11:50am 2:00 AQUA LOW 12:30 IMPACT 12-12:50pm 1:00 LAP LAP 1:30 SWIMMING OPEN SWIM **OPEN SWIM OPEN SWIM SWIMMING SWIMMING** SWIMMING **OPEN SWIM** 12-3:30pm 12-3:30pm 12-3:30pm 2:00 12-3:30pm **OPEN SWIM OPEN SWIM** 2:30 IAP 12-5:30pm LAP 12-5:30pm **SWIMMING SWIMMING** 3:00 **OPEN SWIM** WATER SLIDE WATER SLIDE LAP 3:30 12-5pm 12-5pm 12-9pm **SWIMMING** 4:00 WATER SLIDE **SWIM** SWIM **SWIM SWIM** 4-8pm 4:30 **ESSONS** LESSONS LESSONS LESSONS 4-5pm SWIM 4-5pm **SWIM** 4-5pm **SWIM** 4-5pm **SWIM** 5:00 **LESSONS LESSONS LESSONS LESSONS** 5:30 3:30-7pm 3:30-7pm 3:30-7pm 3:30-7pm **SWIM TEAM SWIM TEAM SWIM TEAM SWIM TEAM** 6:00 5-8:30pm 5-8:30pm 5-7:30pm 5-8:30pm **SWIM** 6:30 **TEAM** 5-8pm PRIVATE RENTAL PRIVATE RENTAL 7:00 6-8pm 6-8pm 7:30 **OPEN SWIM OPFN SWIM** OPFN SWIM **OPFN SWIM** 8:00 **MASTERS** 7-9pm MASTERS 7-9pm 7-9pm 7-9pm FAC closes at 9pm Monday-Friday LAP SWIMMING 8:30 **SWIM TEAM SWIM TEAM** LAP SWIMMING The FAC will close at 1pm on the Stars swim meets. 8-9pm 8-9pm 9:00

See classes breakdown on the backside.

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.



# AQUATIC CLASSES SCHEDULE



#### FAII 2023

November 6-December 31 Except for holidays, Special Events and Swim Meets.

## **MONDAY:**

**CLASS** TIME

Agua Cardio Tone **Arthritis Therapy Agua Low Impact** 

9-9:50am 10-10:50am

11-11:50am

#### **TUESDAY:**

**CLASS** TIME

AquaBata 8-8:50am

(HIIT and tabata intervals)

**Arthritis Therapy** 10-10:50am 11-11:50am **Aqua Low Impact** 

#### **WEDNESDAY:**

**CLASS** TIME

**Agua Fusion** 9-9:50am

(cardio, some dance, toning)

**Arthritis Therapy** 10-10:50am **Aqua Cardio Tone** 11-11:50am **Aqua Low Impact** 12-12:50pm

# **THURSDAY:**

**CLASS** 

Pilates Plus Aqua

**Arthritis Therapy Aqua Low Impact**  TIME

8-8:50am

10-10:50am

11-11:50am

#### **FRIDAY:**

**CLASS** 

**Aqua Cardio Tone** 9-9:50am **Arthritis Therapy** 10-10:50am **Aqua Low Impact** 11-11:50am

TIME

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.

See Family Aquatic Center Schedule on the backside. LAST UPDATED: 11/04/2023

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.)