



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

Monday - Friday 5:30am-12PM | 18+ ONLY
Deck Attendant Operations | No Lifeguard on Duty
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	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	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LIMITED LANES	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LIMITED LANES	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am	
6:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
6:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
7:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
7:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
8:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
8:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
9:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
9:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
10:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
10:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
11:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
11:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
12:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
12:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
1:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
1:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
2:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
2:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
3:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
3:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
4:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
4:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
5:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
5:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
6:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
6:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
7:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
7:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
8:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
8:30	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	
9:00	LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING		LAP SWIMMING	

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.

FAC closes at 9pm Monday-Friday

The FAC will close at 1pm on the Stars swim meets.

See classes breakdown on the backside.



AQUATIC CLASSES SCHEDULE



FALL 2023

November 6-December 31

Except for holidays, Special Events and Swim Meets.

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
Aqua Low Impact	12-12:50pm

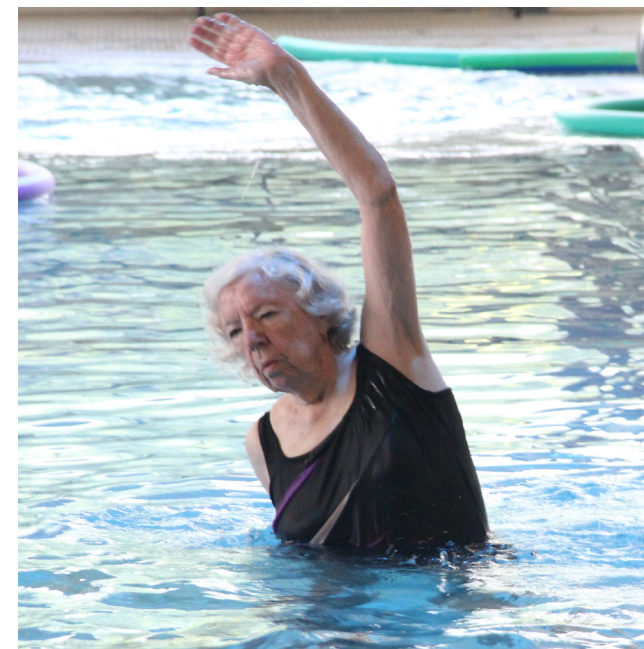
THURSDAY:

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 are taught by Shelly

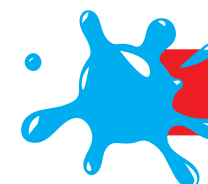


DECK ATTENDANT OPERATIONS MONDAY-FRIDAY, 5:30AM - 12PM

- 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.

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: 11/04/2023