



FAMILY AQUATIC CENTER SCHEDULE

Winter/Spring 2025

January 1 - May 23

Except for holidays, Special Events and Swim Meets.

Monday - Friday 5:30am-12PM | 18+ ONLY
Deck Attendant Operations | No Lifeguard on Duty
See the back of the page for more information

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

LAP SWIMMING

WATER WALKING 7-8am

LAP SWIMMING

WATER WALKING 7-8am

LIMITED LANES

SWIM LESSONS 8-Noon

LIMITED LANES

SWIM LESSONS 8-Noon

LAP SWIMMING

OPEN SWIM 12-5:30pm

WATER SLIDE 12-5pm

LAP SWIMMING

OPEN SWIM 12-5:30pm

WATER SLIDE 12-5pm

LAP SWIMMING

OPEN SWIM 12-9pm

WATER SLIDE 4-8pm

LAP SWIMMING

PRIVATE RENTAL 6-8pm

PRIVATE RENTAL 6-8pm

FAC closes at 9pm Monday-Friday
The FAC will close at 1pm on the Stars swim meets.

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.

*Water features will be unavailable during swim lessons.

The Aquatic Center 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.



AQUATIC CLASSES SCHEDULE



Winter/Spring 2025
January 1 - May 23
Except for holidays, Special Events and Swim Meets.

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

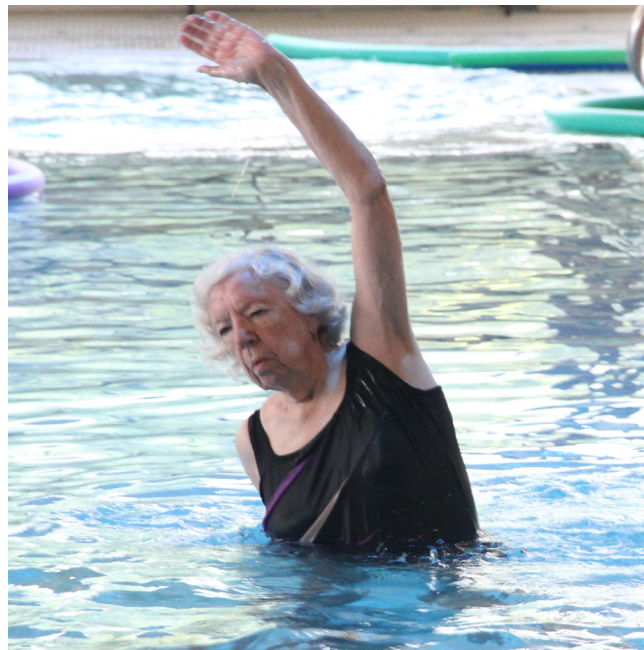
THURSDAY:

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



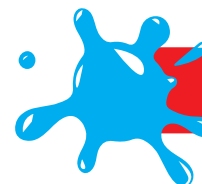
*Not included in membership. Register on line or in person drop in.

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 Family Aquatic Center
Schedule on the backside.