

Lap Pool Schedule - Winter 2019

M-F: 5:30am-9:30pm | Sat. & Sun: 7am-5:30pm

Schedules valid 1/4 - 5/27. Hours subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|------------------------------|-----------------------------------|------------------------------|------------------------------|
| Master's Swim* 6-7:30am | Master's Swim* 6-7:30am | Master's Swim* 6-7:30am | Master's Swim* 6-7:30am | Master's Swim* 6-7:30am |
| | Fluid Running 8:30-9:25am | | Fluid Running 8:30-9:25am | Fluid Running 8:45-9:40am |
| Fluid Running 9:30-10:25am | | Fluid Running 9:30-10:25am | | |
| Senior Running 11:45am-12:30pm | | Senior Running 11:45am-12:30pm | | |
| Swim Lessons 3:45-8pm | Swim Lessons 3:45-8:15pm | Swim Lessons 3:20-7:50pm | Swim Lessons 3:00-6:40pm | Starfish Team 4-5pm |
| Starfish Team 4-5pm | Swim Team* 5-8pm | Starfish Team 4-5pm | Swim Team* 5-8:30pm | Swim Team 5-8pm |
| Swim Team 5-8:30pm | | Swim Team 5-8:30pm | | |
| | | Fluid Running 7:30-8:25pm | | |

Fluid Running® classes are not included in the cost of membership. Classes are held in the lap pool.

* Two lap lanes available. During Master's Swim Team, lane may be used only for lap swimming.

Water Running Hours**

| Day | Time |
|----------|---------------|
| M,W,F | 7:30am-9:30pm |
| T,Th | 5:30am-9:30pm |
| Saturday | 8:45am-5:30pm |
| Sunday | 7am-5:30pm |

Aqua Fitness Class

Lap Pool Used

No Classes

Saturday

Master's Swim*
7:15-8:45am

Swim Lessons*
8:30am-12:40pm

Open Swim*
12-5:30pm

Sunday

Swim Lessons*
9am-12pm

Fluid Running
9-9:55am

Try Fluid Running
First Sun. at 10am

Open Swim*
12-5:30pm

Family Aquatic Center
www.obparks.org

**Reminder: There is no Water Running during Fluid Running classes. All lap lanes are reserved for lap swimmers during fluid running classes.

Leisure Pool - Winter 2019

Leisure Pool Closed M-Th: 3:45-6pm

Sa & Su: 8:45am-12pm

Schedules valid 1/4 - 5/27. Hours subject to change.

Waterslide Hours:

Friday: 4-9:30pm

Sat/Sun: 12-5:30pm

Weekday Daytime Open Swim:

Mon/Wed/Fri: 12-3:30pm

Tues/Thurs: 11-3:30pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|---|---|---|
| Aqua Kickboxing 8-8:55am | Aqua Latin Dance 8-8:55am | Aqua Kickboxing 8-8:55am | Aqua Low Impact 8-8:55am | Pilates Plus Aqua 8-8:55am |
| Aqua Cardiotone 9-9:55am | Aqua Low Impact 9-9:55am | Aqua Cardiotone 9-9:55am | Aqua Low Impact 9-9:55am | Aqua Cardiotone 9-10am |
| Parkinson's Therapy 9:30-10am | Arthritis Therapy 10-10:55am | Arthritis Therapy 10-10:55am | Arthritis Therapy 10-10:55am | Parent/Tot Fitness 10-10:30am |
| Arthritis Therapy 10-10:55am | | | | Arthritis Therapy 10-10:55am |
| Arthritis Therapy 11-11:55am | Weekday Daytime Open Swim 11am-3:30pm | Arthritis Therapy 11-11:55am | Swim Lessons 1-2:25pm | Arthritis Therapy 11-11:55am |
| Swim Lessons 10:45am-12:15pm | | Weekday Daytime Open Swim 12pm-3:30pm | Weekday Daytime Open Swim 11am-3:30pm | Weekday Daytime Open Swim 12pm-3:30pm |
| Weekday Daytime 12pm-3:30pm | | Swim Lessons 3:45-9:05pm | | Swim Lessons 3-6:40pm |
| Swim Lessons 3:45-9:05pm | Swim Lessons 3:45-7:50pm | Swim Lessons 3:20-7:50pm | Swim Lessons 3-6:40pm | Open Swim 4-9:30pm |
| Open Swim 6-9:30pm | Open Swim 6-9:30pm | Open Swim 6-9:30pm | | |

Aqua Fitness Class

Leisure Pool Class

Open Swim Special

Weekday Daytime Open Swim (Open Swim Special):

Water features on at request, but waterslide is OFF.

Saturday

Aqua Cardiotone
8-8:55am

Swim Lessons
8:25am-12:40pm

Open Swim
12-5:30pm

Sunday

Swim Lessons
8:45am-12pm

Open Swim
12-5:30pm

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