

Aquatic Center - Pool 1 Schedule - WINTER January 6 - April 3, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15 am Water Yoga (Pia)	6:30 - 7:15 am Aqua Fit (Jack)	8:15 - 9:00 am IE	6:30 - 7:15 am Aqua Fit (Pia)	6:30 - 7:15 am Power to Stretch (Jack)
7:30 - 8:15 am Gentle Fit (Pia)	8:00 - 8:45 am Gentle Fit (Betz)		8:00 - 8:45 am Gentle Fit (Betz)	7:30 - 8:15 am Gentle Fit (Mary Lou)
8:15-9:00 am IE	9:00 - 9:45 am Joint Motion (Betz)	9:00 - 9:45 am P&C 1 (Stacey)	9:00 - 9:45 am Joint Motion (Betz)	8:15-9:00 am IE
9:00 - 9:45 am P&C 1 (Stacey)	9:45 - 10:45 am Adult Services/Childcare	9:45 - 10:45 am Adult Services/Childcare	9:45 - 10:45 am Adult Services/Childcare	9:00 - 9:45 am JM Plus (Jack)
9:45 - 10:45 am Adult Services/Childcare	10:45 - 11:30 am Joint Motion (Betz)	10:45 - 11:30 am Back In Action (Pia)	10:45 - 11:30 am Joint Motion (Betz)	9:45 - 10:45 am Adult Services/Childcare
10:45 - 11:30 am Back In Action (Stacey)	11:30 - 12:15 pm IE	11:30 - 12:15 pm IE	11:30 - 12:15 pm IE	10:45 - 11:30 am Back In Action (Stacey)
11:30 - 12:15 pm IE		12:15 - 1:00 pm Pain Mngmnt (Bonnie)	12:15 - 1:00 pm Water Yoga (Elaine)	11:30 - 1:00 pm IE
12:15 - 1:00 pm Joint Motion (Stacey)	12:15 - 1:00pm Aqua Zumba (Stacey)	1:00 - 1:45 pm Memory Waves (Betty)	1:00 - 1:45 pm Hip & Knee (Stacey)	1:00 - 1:45pm Joint Motion (Kristy)
1:00 - 1:45 pm Moving Ahead	1:00 - 1:45 pm Hip & Knee (Stacey)	1:45 - 2:45 pm Adult Services/Childcare	1:45 - 2:45 pm Adult Services/Childcare	1:45 - 2:45 pm Adult Services/Childcare
1:45 - 2:45 pm Adult Services/Childcare	1:45 - 2:45 pm Adult Services/Childcare	2:45 - 3:30 pm JM Plus (Elaine)	2:45 - 4:15 pm IE	
2:45 - 3:30 pm JM Plus (Mary Lou)	2:45 - 3:30 pm IE	3:30 - 4:15 pm IE	4:15 - 5:00 pm SN	
3:30 - 4:15 pm IE	3:30 - 4:15 pm Moving Ahead	4:15 - 5:00 pm Joint Motion (Tina)	5:00 - 5:45 pm SN	
4:15 - 5:00 pm SN P&C (Mary Lou)	4:15 - 5:00 pm P&C 1 (Elaine)	5:15 - 6:00 pm P&C 1 (Tina)	5:45 - 6:30 pm P&C 1 (Hannah)	
5:15 - 6:00 pm P&C 1 (Tina)	5:00 - 5:45 pm P&C 2 (Taylor)	6:00 - 6:45 pm SN		
6:00 - 6:45 pm Aqua Fit (Ceilidh)	5:45 - 6:30 pm P&C 1 (Taylor)	6:45 - 7:30 pm SN		
6:45 - 7:30 pm Pain Mngmnt (Ceilidh)	6:45 - 7:30 pm Aqua Fit (Mary Lou)			
Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 7:30 pm		
				Revised 11/7/19
Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 6:30 pm	Pool Closes at 2:45 pm

IE - Independent Exercise / *See signs at reception desk for special events/deviations from published schedule.

Aquatic Center - Pool 2 Schedule - WINTER January 6 - April 3, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 9:15am OPEN	6:00 - 9:15am OPEN	6:00 - 6:30am OPEN	6:00 - 9:15am OPEN	6:00 - 1:00pm OPEN
9:15 - 10:00am OPEN (Shallow Only)	9:15 - 10:00am OPEN (Shallow Only)	6:30 - 7:15am Deep Water (Jack)	9:15 - 10:00am OPEN (Shallow Only)	9:00 - 9:30am Beg I (Stacey)
9:15 - 10:00am Gentle DW (Betty)	9:15 - 10:00am Gentle DW (Jack)	6:30 - 7:15am OPEN (Shallow Only)	9:15 - 10:00am Gentle DW (Stacey)	9:30 - 10:00am Beg II (Stacey)
10:00 - 11:00am OPEN	10:00am - 12:00pm OPEN	7:15 - 9:15am OPEN	10:00 - 12:00pm OPEN	12:30 - 1:00 Beg I (Stacey)
11:00 - 11:45am OPEN (Deep Only)	10:00 - 10:30am Beg I (Stacey)	9:15 - 10:00am OPEN (Shallow Only)	10:00 - 10:30am Beg I (Stacey)	1:00 - 1:30pm Beg II (Stacey)
11:00 - 11:45am Parkinson's (Betty)	10:30 - 11:00am Beg II (Stacey)	10:00 - 11:00am OPEN	10:30 - 11:0am Beg II (Stacey)	1:00 - 2:00pm GROUP Swim
12:00 - 12:45pm Deep Water (Pia)	12:00 - 12:45pm Deep Water (Elaine)	11:00am - 11:45am OPEN (Deep Only)	12:00 - 12:45pm Deep Water (Stacey)	2:00 - 3:00pm OPEN
12:00 - 1:00pm OPEN (Shallow Only)	12:00 - 1:00pm OPEN (Shallow Only)	11:00- 11:45am Park (Bonnie/Betty)	12:00 - 1:00pm OPEN (Shallow Only)	
1:00 - 2:00pm GROUP SWIM	1:00 - 2:00pm GROUP SWIM	12:00 - 12:45pm Deep Water (Pia)	1:00 - 2:00pm GROUP SWIM	
2:00 - 4:00pm OPEN	2:00 - 4:00pm OPEN	12:00 - 1:00pm OPEN (Shallow Only)	2:00 - 6:00pm OPEN	
4:00 - 4:45pm Aqua Mix (Tina)	4:15 - 5:00pm SN	1:00 - 2:00pm GROUP SWIM	4:30 - 5:15pm P&C 2 (Hannah)	
5:00 - 5:45pm Deep Water (Ceilidh)	5:00 - 5:45pm SN	2:00 - 4:30pm OPEN	5:30 - 6:00pm Beg I (Macoy)	
5:00 - 5:45pm OPEN (Shallow Only)	5:30 - 6:00pm Beg I (Nate)	4:30pm - 5:15pm P&C 2 (Elaine)	6:00 - 6:45pm OPEN (Shallow Only)	
5:45 - 7:30pm OPEN	5:45 - 7:30pm OPEN	5:00 - 5:45pm Deep Water (Traci)	6:30-7:00pm Beg I (Macoy)	
5:30 - 6:00pm Beg I (Macoy)	6:00 - 6:30pm Beg I (Nate)	5:30 - 7:30pm OPEN (Shallow Only)	6:45 - 7:30pm OPEN	
6:15 - 7:00pm SN	6:30-7:00pm Beg II (Nate)	5:30 - 6:00pm Beg I (Macoy)	7:00-7:30pm Intermediate (Macoy)	
6:30-7:00pm Beg I (Macoy)		6:00 - 6:30pm Beg I (Macoy)		
7:00-7:30pm Intermediate (Macoy)		6:00 - 6:45 DW Volleyball		
		6:30 - 7:00pm Beg II (Macoy)		
		6:50 - 7:35pm DW Volleyball		
Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 3:00 pm

Revised 11/7/19

*See signs at reception desk for special events/deviations from published schedule.

Open Swim/IE **WINTER** Schedule 2020

Day	Pool 1	OPEN/IE	Day	Pool 2	OPEN/GROUP
Mon	8:15am-9:00 am	IE	Mon	6:00am-9:15am	OPEN SWIM
Mon	11:30am-12:15pm	IE	Mon	9:15am-10:00am	OPEN (Shallow Only)
Mon	3:30pm-4:15pm	IE	Mon	10:00am-11:00am	OPEN SWIM
			Mon	11:00am-11:45am	OPEN (Deep Only)
Tues	11:30am-12:15pm	IE	Mon	12:00-1:00pm	OPEN (Shallow Only)
Tues	2:45pm-3:30pm	IE	Mon	1:00pm-2:00pm	GROUP SWIM
			Mon	2:00pm-4:00pm	OPEN SWIM
Wed	8:15am-9:00am	IE	Mon	5:00pm-5:45pm	OPEN (Shallow Only)
Wed	11:30am-12:15pm	IE	Mon	5:45pm-7:30pm	OPEN SWIM
Wed	3:30pm-4:15pm	IE			
			Tues	6:00am-9:15am	OPEN SWIM
Thurs	11:30am-12:15pm	IE	Tues	9:15am-10:00am	OPEN (Shallow Only)
Thurs	2:45pm-3:30pm	IE	Tues	10:00am-12:00pm	OPEN SWIM
			Tues	12:00pm-1:00pm	OPEN (Shallow Only)
Fri	8:15am-9:00am	IE	Tues	1:00pm-2:00pm	GROUP SWIM
Fri	11:30am-1:00pm	IE	Tues	2:00pm-4:00pm	OPEN SWIM
			Tues	5:45pm-7:30pm	OPEN SWIM
			Wed	6:00am-6:30m	OPEN SWIM
			Wed	6:30am-7:15am	OPEN (Shallow Only)
			Wed	7:15am-9:15am	OPEN SWIM
			Wed	9:15am-10:00am	OPEN (Shallow Only)
			Wed	10:00am-11:00am	OPEN SWIM
			Wed	11:00am-11:45am	OPEN (Deep Only)
			Wed	12:00pm-1:00pm	OPEN (Shallow Only)
			Wed	1:00pm-2:00pm	GROUP SWIM
			Wed	2:00pm-4:30pm	OPEN SWIM
			Wed	5:30pm-7:30pm	OPEN (Shallow Only)
			Thurs	6:00am-9:15am	OPEN SWIM
			Thurs	9:15am-10:00am	OPEN (Shallow Only)
			Thurs	10:00am-12:00pm	OPEN SWIM
			Thurs	12:00pm-1:00pm	OPEN (Shallow Only)
			Thurs	1:00pm-2:00pm	GROUP SWIM
			Thurs	2:00pm-6:00pm	OPEN SWIM
			Thurs	6:00pm-6:45pm	OPEN (Shallow Only)
			Thurs	6:45pm-7:30pm	OPEN SWIM
			Fri	6:00am-1:00pm	OPEN SWIM
			Fri	1:00pm-2:00pm	GROUP SWIM
			Fri	2:00pm-3:00pm	OPEN SWIM

Revised 11/7/19

MAKE-UP CLASS OPTIONS WINTER 2020

Day	Class	Time	Pool
Mon	Water Yoga	6:30am-7:15am	1
Mon	Gentle Fitness	7:30am-8:15am	1
Mon	Gentle DW	9:15am-10:00am	2
Mon	Deep Water (DW)	12:00pm-12:45pm	2
Mon	Joint Motion	12:15pm-1:00pm	1
Mon	Joint Motion Plus	2:45pm-3:30pm	1
Mon	Aqua Mix	4:00pm-4:45pm	2
Mon	Deep Water (DW)	5:00pm-5:45pm	2
Mon	Aqua Fit	6:00pm-6:45pm	1
Mon	Pain Management	6:45pm-7:30pm	1
Tues	Aqua Fit	6:30am-7:15am	1
Tues	Gentle Fitness	8:00am-8:45am	1
Tues	Joint Motion	9:00am-9:45am	1
Tues	Gentle DW	9:15am-10:00am	2
Tues	Joint Motion	10:45am-11:00am	1
Tues	Aqua Zumba	12:15pm-1:00pm	2
Tues	Deep Water (DW)	12:00pm-12:45pm	2
Tues	Aqua Fit	6:45pm-7:30pm	1
Wed	Deep Water (DW)	6:30am-7:15am	2
Wed	Back in Action	10:45am-11:30am	1
Wed	Deep Water (DW)	12:00pm-12:45pm	2
Wed	Pain Management	12:15pm-1:00pm	1
Wed	Joint Motion Plus	2:45pm-3:30pm	1
Wed	Joint Motion	4:15pm-5:00pm	1
Wed	Deep Water (DW)	5:00pm-5:45pm	2
Thurs	Aqua Fit	6:30am-7:15am	1
Thurs	Gentle Fitness	8:00am-8:45am	1
Thurs	Gentle DW	9:15am-10:00am	2
Thurs	Joint Motion	9:00am-9:45am	1
Thurs	Joint Motion	10:45am-11:30am	1
Thurs	Deep Water (DW)	12:00pm-12:45pm	2
Thurs	Water Yoga	12:15pm-1:00pm	1
Thurs	H2O Hip & Knee	1:00pm-1:45pm	1
Thurs	Deep Water (DW)	6:00pm-6:45pm	1
Fri	Power to Stretch	6:30am-7:15am	1
Fri	Gentle Fitness	7:30am-8:15am	1
Fri	Joint Motion Plus	9:00am-9:45am	1
Fri	Back in Action	10:45am-11:30am	1
Fri	Joint Motion	1:00pm-1:45pm	1
Updated 11/7/19			