

Aquatic Center – Pool 1 Schedule FALL – September 24 to December 14, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6:45 – 7:30 a.m. Water Yoga (Pia)	6:00 – 6:45 a.m. Aqua Fit (Jack)	7:30 – 8:15 a.m. Water Yoga (Betty)	6:00 – 6:45 a.m. Aqua Fit (Pia)	6:30 – 7:15 a.m. Aqua Fitness (Jack)
7:30 – 8:15 a.m. H2O Hip & Knee (Betty)	6:45 – 7:30 a.m. Aqua Fit (Jack)	8:15 – 9:00 a.m. IE	6:45 – 7:30 a.m. Aqua Fit (Pia)	7:30 – 8:15 a.m. Joint Motion Plus (Mary Lou)
8:15 – 9:00 a.m. IE	7:30 – 8:15 a.m. IE	9:00 – 9:45 a.m. Parent & Child I (Stacey)	7:30 – 8:15 a.m. IE	8:15 – 9:00 a.m. IE
9:00-9:45 a.m. Parent & Child I (Stacey)	8:15 – 9:00 a.m. Joint Motion Plus (Betz)	9:45 – 10:45 a.m. Adult Services/Childcare	8:15 – 9:00 a.m. Joint Motion Plus (Betz)	9:00 – 9:45 a.m. Joint Motion Plus (Jack)
9:45 – 10:45 a.m. Adult Services/Childcare	9:00 – 9:45 a.m. Joint Motion (Betz)	10:45 – 11:30 am. Back in Action (Pia)	9:00 – 9:45 a.m. Joint Motion (Betz)	9:45 – 10:45 a.m. Adult Services/Childcare
10:45 – 11:30 a.m. Back in Action (Stacey)	9:45 – 10:45 am. Adult Services/Childcare	11:30 a.m. – 12:15 p.m. Joint Motion Plus (Pia)	9:45 – 10:45 a.m. Adult Services/Childcare	10:45 – 11:30 a.m. Back in Action (Stacey)
11:30 a.m. – 12:15 p.m. IE	10:45 – 11:30 a.m. Joint Motion (Betz)	12:15 – 1:00 p.m. Pain Management (Bonnie)	10:45 – 11:30 a.m. Joint Motion (Betz)	11:30 a.m. – 12:15 p.m. IE
12:15 – 1:00 p.m. Joint Motion (Stacey)	11:30 – 12:15 p.m. IE	1:00 – 1:45 p.m. IE	11:30 a.m. – 12:15 p.m. IE	12:15 – 1:00 p.m. Friday Fusion (Stacey)
1:00 – 1:45 p.m. Moving Ahead	12:15 – 1:00 p.m. Aqua Zumba (Stacey)	1:45 – 2:45 p.m. Adult Services/Childcare	12:15 – 1:00 p.m. Water Yoga (Elaine)	1:45 – 2:45 p.m. Adult Services/Childcare
1:45 – 2:45 p.m. Adult Services/Childcare	1:00 – 1:45 p.m. H2O Hip & Knee (Stacey)	2:45 – 3:30 p.m. Joint Motion Plus (Elaine)	1:00 – 1:45 p.m. H2O Hip & Knee (Stacey)	1:00 – 1:45 p.m. IE
2:45 – 3:30 p.m. Joint Motion Plus (Mary Lou)	1:45 – 2:45 p.m. Adult Services/Childcare	3:30 – 4:30 p.m. IE	1:45 – 2:45 p.m. Adult Services/Childcare	Pool Closes at 2:45 p.m.
3:30 – 4:15 p.m. IE	2:45 – 3:30 p.m. IE	4:30 – 5:15 p.m. Joint Motion (Kristy)	2:45 – 3:30 p.m. IE	
4:15 – 5:00 p.m. Special Needs Instructional	3:30 – 4:15 p.m. Moving Ahead	5:30 – 6:15 p.m. Parent & Child 1 (Michele)	3:30 – 4:15 p.m. Moving Ahead	
5:00-5:45 p.m. Parent & Child I (Tina)	4:15 – 5:00 p.m. Parent & Child I (Elaine)	6:15 – 7:00 p.m. Special Needs Instructional	4:15 – 5:00 p.m. Special Needs Instructional	
5:45 – 6:30 p.m. Joint Motion Plus (Mary Lou)	5:00 – 5:45 p.m. Parent & Child 2 (Taylor)	7:00 – 7:45 p.m. Special Needs Instructional	5:00 – 5:45 p.m. Special Needs Instructional	
6:30 – 7:00 p.m. Beginner I (Nate)	5:15 – 5:45 p.m. Beginner I (Nate)	Pool Closes at 7:45 p.m.	5:45 – 6:30 p.m. Joint Motion Plus (Mary Lou)	
7:00 – 7:45 p.m. Pain Management (Ceilidh)	5:45 – 6:30 p.m. Parent & Child 1 (Taylor)			
Pool Closes at 7:45 p.m.	6:30 – 7:15 p.m. Aqua Fit (Mary Lou)			

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

Aquatic Center – Pool 2 Schedule FALL – September 24 to December 14, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 – 9:00 a.m. OPEN	6:00 – 9:00 a.m. OPEN	6:00 – 6:30 a.m. OPEN	6:00 – 9:00 a.m. OPEN	6:00 - 12:30 p.m. OPEN
9:00 – 9:45 a.m. OPEN (Shallow Only)	9:00 – 9:45 a.m. OPEN (Shallow Only)	6:30 – 7:15 a.m. DW (Jack)	9:00 – 9:45 a.m. OPEN (Shallow Only)	9:00 – 9:30 a.m. Beginner I (Stacey)
9:00 – 9:45 a.m. Gentle DW (Betty)	9:00 – 9:45 a.m. Gentle DW (Jack)	6:30 – 7:15 a.m. OPEN (Shallow Only)	9:00 – 9:45 a.m. Gentle DW (Stacey)	9:30 – 10:00 a.m. Beginner I (Stacey)
9:45 – 11:00 a.m. OPEN	9:45 – 11:45 a.m. OPEN	7:15 – 8:15 a.m. OPEN	9:45 – 11:45 a.m. OPEN	12:30 - 2:30 p.m. GROUP
11:00 – 11:45 a.m. OPEN (Deep Only)	10:15 – 10:45 a.m. Beginner I (Stacey)	8:15 – 9:00 a.m. W.E.T Vets (Jack)	11:45 – 12:30 p.m. DW (Stacey)	2:30 - 3:00 p.m. OPEN
11:00 – 11:45 a.m. Parkinson’s (Betty)	10:45 – 11:15 a.m. Beginner I (Stacey)	8:15 – 9:00 OPEN (Deep Only)	11:45 – 12:30 p.m. OPEN (Shallow Only)	
12:00 – 12:45 p.m. DW (Pia)	11:45 – 12:30 p.m. DW (Elaine)	9:00 – 11:00 a.m. OPEN	12:30 – 2:30 p.m. GROUP SWIM	
12:00 – 12:45 p.m. OPEN (Shallow Only)	11:45 – 12:30 p.m. OPEN (Shallow Only)	11:00 – 11:45 a.m. OPEN (Deep Only)	2:30 – 6:00 p.m. OPEN	
12:45 – 2:30 p.m. GROUP SWIM	12:30 – 2:30 p.m. GROUP SWIM	11:00 – 11:45 a.m. Parkinson’s (Bonnie/Betty)	5:00 – 5:30 p.m. Beginner I (Nate)	
2:30 – 4:15 p.m. OPEN	2:30 – 4:15 p.m. OPEN	12:00 – 12:45 p.m. OPEN	5:45 – 6:15 p.m. Beginner II (Nate)	
4:15 – 5:00 p.m. Aqua Mix (Kristy)	4:15 – 5:00 p.m. Special Needs Instructional	12:45 – 2:30 p.m. GROUP SWIM	6:30 – 7:00 p.m. Intermediate (Nate)	
5:00 – 5:45 p.m. DW (Ceilidh)	5:00 – 6:00 p.m. OPEN	2:30 – 4:15 p.m. OPEN	6:00-6:45 p.m. DW (Betty)	
5:45-6:30 p.m. Aqua Fit (Ceilidh)	6:00 – 6:45 p.m. Special Needs Instructional	4:30 – 5:15 p.m. Parent & Child 2 (Elaine)	6:00 – 7:00 p.m. OPEN (Shallow Only)	
6:45 – 7:30 p.m. OPEN	6:45 – 7:30 p.m. OPEN (Shallow Only)	5:15 – 6:00 p.m. DW (Kristy)		
	6:50 – 7:35 p.m. DW Volleyball (Taylor)	5:15 – 6:50 p.m. OPEN (Shallow Only)		
		6:05 – 6:50 p.m. DW Volleyball (Kristy)		
		6:50 – 7:30 p.m. OPEN		
Pool Closes at 7:30 p.m.	Pool Closes at 7:35 p.m.	Pool Closes at 7:30 p.m.	Pool Closes at 7:00 p.m.	Pool Closes at 3:00 p.m.

DW – Deep Water / *See board at reception desk for special events/deviations from published schedule.