



Session Dates:

January 6 – February 7, 2020

February 17–March 20, 2020

March 30–May 15, 2020

Pool Schedules

Open Swim for All Ages: All swimmers under the age of 8 must have an adult, 18 years of age or older, IN the water with them.

Scott Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-4:00pm	6:00-8:00pm	6:45-8:00pm	6:00-8:00pm	6:45-8:00pm	2:00-4:00pm 6:00-8:00pm	1:00-5:00pm

Lap Swimming or Swim/Walk Lengths: Parents with young children are welcome to bring them during this time. The Scott Pool is the most appropriate and warmer pool for water adjustment time with young children.

Y Pool (Lap Pool)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-4:00pm	5:30-7:00am 8:00am-8:30pm	5:30am-8:00am 9:00am-8:30pm	5:30-7:00am 8:00am-8:30pm	5:30am-8:00am 9:00am-8:30pm	5:30-7:00am 8:00am-8:00pm	7:30am-5:00pm

(Monday–Thursday 4:00–5:45pm: 1–2 lanes of the Y pool will be used for swim lessons)

Scott Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:35-7:45am 10:00-11:00am* Noon-1:00pm 2:00 – 3:00 pm**	6:35-7:45am 11:00am-Noon 1:00-3:00pm	6:35-7:45am 10:00-11:00am* 2:00 – 3:00**	6:35-7:45am 11:00am-Noon 1:00-3:00pm	6:35-7:45am 10:00-11:00** 4:00-6:00pm	7:30am-1:00pm

***Scheduled Parent & Me Time (Swim/Walk Lengths Permitted) **Scheduled Rental Time (Swim/Walk Lengths allowed if space is not rented)**
 (Some lanes in the Y pool will be periodically unavailable, on Saturdays, due to SCUBA -Please see SCUBA schedule for more info)

Aquatic Classes

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:35am	Cardio Fitness	Cardio Fitness	Cardio Fitness	Cardio Fitness	Cardio Fitness
7:00-8:00am	Deep Water Cardio		Deep Water Cardio		Deep Water Cardio
7:45-8:45am	Cardio Fitness		Cardio Fitness		Cardio Fitness
8:00-9:00am		Cardio Fitness Deep Water Cardio		Cardio Fitness Deep Water Cardio	
9:00-10:00am	Cardio Fitness	Core Strengthening	Cardio Fitness	Core Strengthening	Cardio Fitness
11:00am-Noon	Arthrocize		Arthrocize		Arthrocize
Noon-1:00pm		Cardio Fitness		Cardio Fitness	
1:00-2:00pm	Cardio Fitness		Cardio Fitness		Cardio Fitness

Class Name	Description	Intensity
Cardio Fitness	High intensity cardio and muscle toning class incorporating equipment to create resistance from every direction in the water.	Moderate to High
Core Strengthening	Low intensity class designed to help strengthen core muscles through the use of exercises utilizing the naturally resistant properties of water.	Low
Arthrocize	Low intensity class designed to help maintain a range of motion.	Very Low

Water Fitness classes are a unique form of exercise that use a variety of equipment and water depths to create a workout that is as hard as you want it to be or as easy as you need it to be. Choose from either a deep water class that takes place in the Y Pool or shallow water class that takes place in the Scott Pool and join us in the pool for a healthy, fun and social workout.

BOLD-INDICATES THE CLASS IS HELD IN THE DEEP WATER "Y" POOL