



Pool Schedules

Session Dates:
 October 26–December 18
 January 4–February 5
 February 15–March 19

Open Swim for All Ages: Maximum capacity of 50 patrons

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	5:15–6:30pm	5:45–6:30pm	5:15–6:30pm	5:45–6:30pm	5:15–6:30pm	11:00 am –5:00pm

Lap Swimming (Y Pool) or Swim/Walk Lengths (Scott Pool):

Parents with young children (Age 5 and younger) are welcome to bring them to the Scott Pool during this time.

Y Pool (Lap Pool)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00–4:00pm	5:30–7:00am 8:00am–6:30pm	5:30–8:00am 9:00–10:00am 10:45am–6:30pm	5:30–7:00am 8:00am–6:30pm	5:30–8:00am 9:00–10:00am 10:45am–6:30pm	5:30–7:00am 8:00am–6:30pm	7:30am–5:00pm

Monday–Thursday 4:00–6:00 pm: 1–2 lanes will be used for swim lessons.

Monday/Wednesday/Friday 7:00–8:00 am: 2 lanes will be used for Deep Water Cardio class.

Tuesday/Thursday 8:00–9:00 am: 2 lanes will be used for Deep Water Cardio.

Monday – Friday 5:15–6:30 pm & Saturday 11:00–5:00 pm: 2 lanes will be used for deep water features.

Saturday 8:00–8:45 am & 9:00–9:45 am: 2 lanes will be used for Paddleboard class.

Some lanes in the Y pool will be periodically unavailable, on Saturdays, due to SCUBA –Please see SCUBA schedule for more info

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 1:00–3:00pm	6:35–7:45am 10:00–11:00am 12:00–1:00pm	6:35–7:45am 11:00am–Noon 1:00–3:00pm	6:35–7:45am 10:00–11:00* 2:00–3:00pm 4:00–5:10pm	7:30–11:00am

*Scheduled Rental Time (Swim/Walk Lengths allowed if space is not rented)

Aquatic Classes

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		Paddleboard (8:00-8:45)
9:00-10:00am	Cardio Fitness	Core Strengthening	Cardio Fitness	Core Strengthening	Cardio Fitness	Paddleboard (9:00-9:45)
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
Paddleboard	High intensity cardio, core and muscle toning class incorporating a paddleboard to keep fully engaged during workout.	Moderate to High

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