



# Pool Schedules

Session Dates:  
 August 24-October 16  
 October 26-December 18  
 January 4-February 5

## 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 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: 1-2 lanes will be used for Deep Water Cardio class.**

**Tuesday/Thursday 8:00-9:00 am & 10:00-10:45 am: 1-2 lanes will be used for Deep Water Cardio & Paddleboard class.**

**Monday – Friday 5:15-6:30 pm & Saturday 11:00-5:00 pm: 1-2 lanes will be used for deep water features.**

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 2:00 – 3:00**	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 Parent & Me Time (Swim/Walk Lengths Permitted) \*\*Scheduled Rental Time (Swim/Walk Lengths allowed if space is not rented)

# Aquatic Classes

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

<b>Class Name</b>	<b>Description</b>	<b>Intensity</b>
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**