



# Pool Schedules

**Session Dates:**  
 August 23–October 15  
 October 25–December 17  
 January 3–February 5  
 February 14–March 25

## Open Swim for All Ages: Maximum capacity of 75 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
1:30–4:00pm	5:45–7:00pm	5:45–7:00pm	5:45–7:00pm	5:45–7:00pm	5:45–7:00pm	12:00–5:00pm

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

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

### Scott Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:35–7:45am 10:00–11:00am 12:00–1:00pm 2:00 – 3:00 pm*	6:35–7:45am 11:00–12:00pm 1:00–3:00pm	6:35–7:45am 10:00–11:00am 12:00–1:00pm	6:35–7:45am 1:00–3:00pm	6:35–7:45am 10:00–11:00* 2:00–3:00pm 4:00–5:10pm	7:30–12:00pm

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

### Y Pool (Lap Pool)

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

**Monday–Thursday 4:00–5:30 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.**

**Saturday 10:00–10:45 am: 2–3 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

# Aquatic Classes

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

<b>Class Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</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>Paddleboard (9:00-9:45)</b>
<b>10:00-11:00am</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
<b>Deep Water Cardio</b>	Blend of moderate intensity cardio, core and muscle toning class incorporating a variety of equipment for resistance.	Moderate
<b>Paddleboard</b>	High intensity cardio, core and muscle toning class incorporating a paddleboard to keep fully engaged during workout.	Moderate to High