

Big Pool Schedule

At least 2 lap lanes are available at all times. Please circle swim when necessary.

Monday	Tuesday	Wednesday	Thursday	Friday	<u>WEEKEND</u>	
Adult Workout 5:00-6:15	All Workout 5:00-8:00 Hydro-Fit 8:00-9:00 Water Fitness 9:00-10:00 Water Running 10:00-11:00	Adult Workout 5:00-6:15	All Workout 5:00-8:00 Hydro-Fit 8:00-9:00 Water Fitness 9:00-10:00 Water Running 10:00-11:00	Adult Workout 5:00-6:15	Saturday	
Hydro-Fit 6:15-7:15		Hydro-Fit 6:15-7:15		Hydro-Fit 6:15-7:15	Adult Workout 7:00-8:30	
All Workout 7:15-8:30		All Workout 7:15-8:30		All Workout 7:15-8:30	All Workout 7:15-8:30	Hydro-Fit 8:30-9:30
Hydro-Fit 8:30-9:30		Hydro-Fit 8:30-9:30		Hydro-Fit 8:30-9:30	Hydro-Fit 8:30-9:30	Adult Workout 9:30-10:30
Water Running 10:00-11:00		Water Running 10:00-11:00		Water Running 10:00-11:00	Water Running 10:00-11:00	All Workout 10:30-8:00
All Workout 11:00-12:00	All Workout 11:00-12:00	All Workout 11:00-12:00	All Workout 11:00-12:00			
Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00		
All Workout 1:00-9:00	All Workout 1:00-4:00	All Workout 1:00-9:00	All Workout 1:00-4:00	All Workout 1:00-9:00	Sunday	
	KSW 4:00-4:45		KSW 4:00-4:45		Adult Workout 9:00-12:00	
	All Workout 5:00-7:00		All Workout 5:00-7:00		All Workout 12:00-9:00	
Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00		

Updated 12/11

All classes are included in your membership, join anytime!

Hydro-Fit: Deep water exercise class, aerobic.

Deep Water Running: Interval style aerobic workout.

Water Fitness: An instructor led shallow water workout class, aerobic.

Adult Workout: Individual workout session for members 18 & older only.

All Workout: Members age 8 and older may walk/swim laps or do therapy exercise. Children ages 8-14 years must be with an adult.

Swim Lessons: Private, semi private and group lessons for all ages.

KSW (Kids Swim Workout): FREE class for kids on a membership. Instructor leads kids through fun workout. No registration required. Must be able to swim at least one lap.