

INDOOR POOL SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>7am-8pm Adult Lap Swim 7-8:15am (2) 8:15-9am (6) 9am-12pm (4)** 12-8:15pm (4)</p> <p>Masters * 7:15-8:15am (4)</p> <p>Swim Lessons * 9am-12pm</p> <p>Open Swim 9am-8:15pm</p> <p>Pool Parties * 12:45-3pm</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-9am (6) 9-9:30 (4) 9:30-10:15am (3) 10:15am-12:30pm (4) 12:30-1pm (5) 1-5pm (4)** 5-5:30pm (0) 5:30-6pm (1) 6-6:30pm (2) 6:30-8:15pm (1) 8:15-9pm (4) Men only 9-9:45pm (6)</p> <p>Open Swim 9am-12:30pm 1-5pm 8:15-9pm</p> <p>Swim Lessons* 10:30am-12pm 1:15-1:45pm 3:30-5:30pm</p> <p>Adapted Aquatics* 9:15am-6pm</p> <p>Swim Team* 5-6:30pm (4) 6:30-8:15pm (5)</p> <p>Aqua Fitness Aqua Aerobics 9:30-10:15am (3)</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-6:15am (6) 6:15-7:15am (3) 7:15-9am (6) 9am-12:30pm (4) 12:30-1pm (6) 1-5pm (4)** 5-5:30pm (0) 5:30-6pm (1) 6-6:30pm (2) 6:30-8:15pm (1) 8:15-9pm (4) Women only 9-9:45pm (6)</p> <p>Open Swim 9am-12:30pm 1-5pm 8:15-9pm</p> <p>Swim Lessons * 9:30-11am 3:30-5:30pm</p> <p>Adapted Aquatics* 1-6pm</p> <p>Swim Team * 5-6:30pm (4) 6:30-8:15pm (5)</p> <p>Masters* 6:15-7:15am</p> <p>Aqua Fitness Arthritis Foundation * 11:30am-12:15pm</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-9am (6) 9-9:30am (4) 9:30-10:15am (3) 10:15am-12pm (4) 12-1pm (6) 1-5pm (4)** 5-5:30 (0) 5:30-6pm (1) 6-6:30pm (2) 6:30-8:15 (1) 8:15-9pm (4) 9-9:45pm (6)</p> <p>Open Swim 9am-12pm 1-5pm 8:15-9pm</p> <p>Swim Lessons * 1-1:45pm 3:30-5:30pm</p> <p>Adapted Aquatics* 2-6pm</p> <p>Swim Team* 5-6:30pm (4) 6:30-8:15pm (5)</p> <p>Aqua Fitness Aqua Aerobics 9:30-10:15am (3)</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-6:15am (6) 6:15-7:15am (3) 7:15-9am (6) 9am-12:30pm (4) 12:30-1pm (6) 1-5pm (4)** 5-5:30pm (0) 5:30-6pm (1) 6-6:30pm (2) 6:30-8:15pm (1) 8:15-9pm (4) 9-9:45pm (6)</p> <p>Open Swim 9am-12:30pm 1-5pm 8:15-9pm</p> <p>Swim Lessons* 3:30-5:30pm</p> <p>Adapted Aquatics* 2:30-6om</p> <p>Swim Team* 5-6:30pm (4) 6:30-8:15pm (5)</p> <p>Masters* 6:15-7:15am</p> <p>Aqua Fitness Arthritis Foundation * 11:30am-12:15pm</p>	<p>5:30am-5:45pm Adult Lap Swim 5:30-9am (6) 9-9:30am (4) 9:30-10:15am (3) 10:15am-12pm (4) 12-1pm (6) 1-4:45pm (4) 4:45-5:45pm (3)</p> <p>Open Swim 9am-12pm 1-4:45pm</p> <p>Swim Team* 4:45-5:45pm (3)</p> <p>Aqua Fitness Aqua Aerobics 9:30-10:15am (3)</p> <p>Aqua Zumba 10:30-11:30am</p> <p>Facility closes at 6pm for Shabbat</p>	<p>Shabbat Schedule</p> <p>7am-6:45pm Adult Lap Swim 7-9am (6) 9am-12pm (4)** 12-6:45pm (4)</p> <p>Open Swim 9am-6:45pm</p> <p>Swim Lessons* 9am-12pm</p> <p>Adapted Aquatics* 9am-3pm</p>
<p>* Denotes paid programs ** Denotes that 1 out of these 4 lanes could be used for swim lessons (#) Denotes number of lanes designated for listed activity</p> <p>The indoor pool is a 25 meter pool. 1 mile is equal to 66 lengths or 33 laps. Please see reverse side for pool policies</p>						

