



# MAIN POOL SPRING LAP SWIM SCHEDULE

March 1-April 13, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>March 1</b> 10:30 am-3:30 pm
<b>2</b> 7:30 am-3:30 pm	<b>3</b> 5:45 am-3:30 pm 4-5 pm 7-8:30 pm	<b>4</b> 7 am-3:30 pm 5:30-8:30 pm	<b>5</b> 5:45 am-2:30 pm 4-5 pm 6:30-8:30 pm	<b>6</b> 7 am-3:30 pm 5:30-8:30 pm	<b>7</b> 5:45 am-3:30 pm 4-7:30 pm	<b>8</b> 7:30-9:00 am 10:30 am-3:30 pm <b>LGT</b>
<b>9</b> 7:30 am-3:30 pm <b>LGT</b>	<b>10</b> 5:45 am-3:30 pm 4-8:30 pm	<b>11</b> 7 am-3:30 pm 5:30-8:30 pm	<b>12</b> 5:45 am-2:30 pm 4-8:30 pm	<b>13</b> 7 am-3:30 pm 5:30-8:30 pm	<b>14</b> 5:45 am-3:30 pm 4-5:45 pm 6:15-7:30 pm	<b>15</b> 7:30-9:00 am 10:30 am-3:30 pm <b>LGT</b>
<b>16</b> 7:30 am-12 pm 2:15-3:30 pm <b>LGT</b>	<b>17</b> 5:45 am-3:30 pm 4-8:30 pm	<b>18</b> 7 am-3:30 pm 5:30-8:30 pm	<b>19</b> 5:45 am-2:30 pm 4-8:30 pm	<b>20</b> 5:45 am-3:30 pm 5:30-8:30 pm	<b>21</b> 5:45 am-3:30 pm 4-5:45 pm 6:15-7:30 pm	<b>22</b> 7:30-9:00 am 10:30 am-3:30 pm
<b>23</b> 7:30 am-12 pm 2:15-3:30 pm	<b>24</b> 5:45 am-3:30 pm 4-8:30 pm	<b>25</b> 7 am-3:30 pm 5:30-8:30 pm	<b>26</b> 5:45 am-2:30 pm 4-8:30 pm	<b>27</b> 7 am-3:30 pm 5:30-8:30 pm	<b>28</b> 5:45 am-3:30 pm 4-5:45 pm 6:15-7:30 pm	<b>29</b> 7:30-9:00 am 10:30 am-3:30 pm
<b>30</b> 7:30 am-3:30 pm	<b>31</b> 5:45 am-3:30 pm 4-8:30 pm	<b>April 1</b> 7:30 am-3:30 pm 5:30-8:30 pm	<b>2</b> 5:45 am-2:30 pm 4-8:30 pm	<b>3</b> 7 am-3:30 pm 5:30-8:30 pm	<b>4</b> 5:45 am-3:30 pm 4-5:45 pm 6:15-7:30 pm	<b>5</b> <b>100 x 100s</b> 7:30-9:00 am 10:30 am-12 pm No Family Swim <b>LGT</b>
<b>6</b> 7:30 am-3:30 pm <b>LGT</b>	<b>7</b> 5:45 am-3:30 pm 4-8:30 pm	<b>8</b> 7 am-3:30 pm 5:30-8:30 pm	<b>9</b> 5:45 am-2:30 pm 4-8:30 pm	<b>10</b> 7 am-3:30 pm 5:30-8:30 pm	<b>11</b> 5:45 am-3:30 pm 4-7:30 pm	<b>12</b> <b>Learn to Swim Clinic</b> 7:30-9:00 am 10:30 am-12 pm 2-3:30 pm No Family Swim <b>LGT</b>
<b>13</b> 7:30 am-3:30 pm <b>LGT</b>						

The Number of Lap Lanes will Vary

Flip Over for Warm Water Pool, Family/Open Swim & Aqua Fitness Classes

## WARM WATER POOL Adult Open Fitness 16+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:30 am 10:15-11:00 am 1-2:30 pm	9-9:45 am 10:30-11 am 11:45 am-3:30 pm 6:30-8:30 pm*	9:00-9:45 am 10:30-11:30 am 7:30-8:30 pm	9:00-9:55 am 12:45-3:30 pm 6:50-8:30 pm*	8:00 am-10:15 am 11:40 am-2:30 pm	1:30-3:30 pm	1:05-3:30 pm

## FAMILY/OPEN SWIM 30 people max. First Come, First Served

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:30 pm Warm Water Pool	4:00-5:55 pm Warm Water Pool	6:15-7:00 pm Main Pool	12:30-1:30 pm Main Pool *Canceled 4/5 & 4/12	Little Y's 9-9:45 am WWP Big Y's 9:45-10:30 am WWP Family/Open Swim 11 am-12 pm

## AQUA FITNESS CLASSES 16+

MONDAY	10:00-10:45 am	Deeply Fit	Colleen	Main Pool
MONDAY	9:30-10:15 am	Tai-Yoga	Brenda	Warm Water Pool
TUESDAY	9:00-9:45 am	Hydro Spin	Kathy N.	Main Pool
TUESDAY	10:00-10:45 am	Aqua Tabata	Colleen	Main Pool
TUESDAY	9:45 am-10:30 am	Oodles of Noodles	Brenda	Warm Water Pool
TUESDAY	11:00-11:45 am	BackHab	Ann Marie	Warm Water Pool
WEDNESDAY	9:45-10:30 am	Colleen's Choice	Colleen	Warm Water Pool
WEDNESDAY	10:00-10:45 am	Deep Splash	Joyce	Main Pool
WEDNESDAY	7:20-8:30 pm	Aqua Volleyball	-	Warm Water Pool
THURSDAY	10:00-10:45 am	Calm Waters	Colleen	Warm Water Pool
THURSDAY	10:15-11:00 am	Total Aqua Mobility	Kathy N.	Main Pool
THURSDAY	12:00-12:45 pm	AFA-Arthritis Class	Ann Marie	Warm Water Pool
FRIDAY	9:00-9:55 am	Aqua Volleyball	-	Warm Water Pool
FRIDAY	10:00-10:45 am	Joyce's Choice	Joyce	Main Pool

\*Private Swim Lessons may be held simultaneously

Flip Over for Main Pool Lap Swim Schedule