

# AQUATICS SCHEDULE

EFFECTIVE - 1/29/2024



## LARGE POOL SCHEDULE

MONDAY	
5:15 AM - 6:15 AM	Lap Swim
6:30 AM - 7:30 AM	Masters Swim
7:45 AM - 2:00 PM	Lap Swim
2:00 PM - 3:45 PM	POOL CLOSED
3:45 PM - 6:00 PM	Swim Team
6:00 PM - 6:30 PM	Swim Team Lanes 4-6
	Lap Swim Lanes 1-3
6:30 PM - 8:45 PM	Lap Swim

8:45 PM POOL CLOSES

TUESDAY	
5:15 AM - 8:15 AM	Lap Swim
8:30 AM - 9:15 AM	POOL FITNESS
9:30 AM - 2:00 PM	Lap Swim
2:00 PM - 3:45 PM	POOL CLOSED
3:45 PM - 6:00 PM	Swim Team
6:00 PM - 6:30 PM	Water Warriors 1-3
	Swim Team Lanes 4-6
6:30 PM - 7:00 PM	Water Warriors 1-3
	LAP SWIM 4-6
7:00 PM - 8:45 PM	Lap Swim

8:45 PM POOL CLOSES

WEDNESDAY	
5:15 AM - 6:15 AM	Lap Swim
6:30 AM - 7:30 AM	Masters Swim
7:45 AM - 2:00 PM	Lap Swim
2:00 PM - 3:45 PM	POOL CLOSED
3:45 PM - 6:00 PM	Swim Team
6:00 PM - 6:30 PM	Swim Team Lanes 4-6
	Lap Swim Lanes 1-3
6:30 PM - 8:45 PM	Lap Swim

8:45 PM POOL CLOSES

THURSDAY	
5:15 AM - 8:15 AM	Lap Swim
8:30 AM - 9:15 AM	POOL FITNESS
9:30 AM - 2:00 PM	Lap Swim
2:00 PM - 3:45 PM	POOL CLOSED
3:45 PM - 6:00 PM	Swim Team
6:00 PM - 6:30 PM	Water Warriors 1-3
	Swim Team Lanes 4-6
6:30 PM - 7:00 PM	Water Warriors 1-3
	Lap Swim 4-6
7:00 PM - 8:45 PM	Lap Swim

8:45 PM POOL CLOSES

FRIDAY	
5:15 AM - 6:15 AM	Lap Swim
6:30 AM - 7:30 AM	Masters Swim
7:45 AM - 2:00 PM	Lap Swim
2:00 PM - 3:45 PM	POOL CLOSED
3:45 PM - 6:00 PM	Swim Team
6:00 PM - 6:45 PM	Lap Swim

6:45 PM POOL CLOSES

SATURDAY	
7:00 AM - 9:00 AM	Lap Swim
9:00 AM - 12:00 PM	Lap Swim 3-6
	Swim Lessons 1-2
12:00 PM - 1:30 PM	Lap Swim

1:30 PM POOL CLOSES

# AQUATICS SCHEDULE

EFFECTIVE - 1/29/2024



## SMALL POOL SCHEDULE

MONDAY		TUESDAY		WEDNESDAY	
7:00AM – 9:20AM	Adult Swim	7:00AM – 9:00AM	Adult Swim	7:00AM – 9:20AM	Adult Swim
9:30AM – 10:30AM	Child Care Swim Lessons	9:00AM – 9:45AM	Poolates	9:30AM – 10:30AM	Child Care Swim Lessons
10:30AM – 11:15AM	AOA Fitness	9:45AM – 10:40AM	Child Care	10:30AM – 11:15AM	AOA Fitness
11:15AM - 12:00PM	AOA Fitness	10:45AM – 11:30AM	Deep End Poolates	11:15AM - 12:00PM	AOA Fitness
12:00PM – 1:00PM	Adult Swim	11:45AM – 1:00PM	Adult Swim	12:00PM – 1:00PM	Adult Swim
1:00PM – 3:00PM	POOL CLOSED	1:00PM – 3:00PM	POOL CLOSED	1:00PM – 3:00PM	POOL CLOSED
3:00PM – 4:00PM	Open Swim	3:00PM – 4:15PM	Adult Swim	3:00PM – 4:00PM	Adult Swim
4:15PM – 5:00PM	Deep End Poolates	4:30PM – 5:45PM	Swim Lessons	4:15PM – 6:00PM	Family Swim
5:15PM – 6:30PM	Adult Swim	6:00PM - 7:00PM	Open Swim	6:00PM – 8:00PM	Adult Swim
6:45PM – 8:00PM	Family Swim	7:00PM – 8:00PM	Adult Swim	8:00PM	POOL CLOSED
8:00PM	POOL CLOSED	8:00PM	POOL CLOSED		
Thursday		Friday		Saturday	
7:00AM – 9:00AM	Adult Swim	7:00AM – 9:00AM	Adult Swim	7:00AM – 8:15AM	Adult Swim
9:00AM – 9:45AM	Poolates	9:05AM – 10:00AM	Pool Fitness	8:25AM – 12:00PM	Swim Lessons
9:45AM – 10:40AM	Adult Swim	10:15AM – 1:00PM	Open Swim	12:10PM – 1:30PM	Family Swim
10:45AM – 11:30AM	Deep End Poolates	1:00PM – 3:00PM	POOL CLOSED	1:30PM	POOL CLOSED
11:45AM – 1:00PM	Adult Swim	3:00PM – 4:15PM	Adult Swim		
1:00PM – 3:00PM	POOL CLOSED	4:30PM – 6:00PM	Swim Lessons		
3:00PM – 4:15PM	Adult Swim	6:00PM – 6:45PM	Family Swim		
4:30PM – 6:30PM	Swim Lessons	6:45PM	POOL CLOSED		
6:30PM - 8:00PM	Open Swim				
8:00PM	POOL CLOSED				

**PLEASE NOTE:**  
 Adult Swim is for adult members only.  
 Open Swim is for all ages.  
 Family Swim is for families with children only.