



Lap Pool Schedule as of March 1st, 2022 *Classes in green are complimentary

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|----------|---|--|--|--|---|---|--|--|
| 5:00 AM |  | | | | | |  | |
| 6:00 AM | 6:00-9:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 6:00 - 9:10 AM OPEN SWIM 5 lanes | |
| 7:00 AM | | | | | | | | |
| 8:00 AM | | | 8:15 - 9:00 AM Aqua Intervals 1 lane | 8:15 - 9:00 AM Aqua Tone 1 lane | 8:15 - 9:00 AM Aqua Intervals 1 lane | 8:15 - 9:00 AM Aqua Intervals 1 lane | | 8:15 - 9:00 AM SEA SURPRISE 1 lane |
| 9:00 AM | 9:15-10:15 AM Aqua Cardio Blast 1 lane | 9:15 - 10:00 AM Aqua Cardio Blast 1 lane | 9:15 - 10:00 AM Aqua Intervals 1 lane | 9:15 - 10:00 AM Aqua Mix 1 lane | 9:15 -10:00 AM Tabaqua 1 lane | 9:15 - 10:00 AM Aqua Interval 1 lane | 9:15-10:00 AM SEA SURPRISE 1 lane | |
| 10:00 AM | 10:20 - 5:45 PM OPEN SWIM 5 lanes | 10:05 -12:10 PM OPEN SWIM 5 lanes | 10:05-11:25 PM OPEN SWIM | 10:05 -12:10 PM OPEN SWIM 5 lanes | 10:05 - 5:10 PM OPEN SWIM 5 lanes | 10:05 -12:10 PM OPEN SWIM 4 lanes* | 10:05 -12:30 PM OPEN SWIM 4 lanes* | |
| 11:00 AM | | | 11:15 - 12:00 PM Aqua for MS \$ 3 Lanes | | | | | |
| 12:00 PM | | 12:15 - 1:00 PM Aqua Intervals 1 lane | 12:05 - 5:10 PM OPEN SWIM 5 lanes | 12:15 - 1:00 PM Aqua Tone 1 lane | | 12:15 - 12:45 PM Aqua Flow 1 lane | 10:15 - 1:15PM Private Swim Lessons \$ 4 lanes | |
| 1:00 PM | | 1:05 - 3:30 PM OPEN SWIM 4 lanes* | | | | 1:05 - 3:30 PM OPEN SWIM 4 lanes* | 12:50 - 7:45 PM OPEN SWIM 5 lanes | 1:15 -5:45 PM OPEN SWIM 5 lanes |
| 2:00 PM | | | | | | | | |
| 3:00 PM | | | | | | | | |
| 4:00 PM | | 4- 6 PM Private Swim Lessons \$ 4 lanes | 5:15 - 6:00 PM Aqua Cardio Blast 1 lane | 4- 6 PM Private Swim Lessons \$ 4 lanes | | 5:15 - 6:00 PM Aqua Mix 1 lane | | |
| 5:00 PM | | | | | | | | |
| 6:00 PM | | | 6:05 PM - 8:45PM OPEN SWIM 5 lanes | 6:30 - 7:30 PM Aqua FITn' FLOW 1 lane | | 6:15 - 7:00 PM Aqua Mix Plus+ 1 Lane | *1 open swim lane guaranteed during Aqua Classes - up to instructor's discretion how many lanes are left open during class. *Swim Lessons conducted throughout the week. 1 lane reserved for swim lessons when an instructor is present | |
| 7:00 PM | | | | | | | | |
| 8:00 PM | | | | 7:05 - 8:45PM OPEN SWIM 5 lanes | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | | |
| 9:00 PM | | | | | | | | |