



	□ Monday	□ Tuesday		Wedne
6am - 8am	Lap swimming	Lap swimming	Lap swimming	Lap sw
10am - 11am	Aqua yoga	Aqua aerobics	Aqua yoga	Aqua a
Noon - 1pm	Open swim	Open swim	Open swim	Open s
3:30 - 6:30 pm	Family swim	Family swim	Family swim	Family
7:30 - 8:30 pm	Lap swimming	Lap swimming	Lap swimming	Lap sw

Lap Swimming – Pool is available for lap swimming only.

Aqua Aerobics – Want to splash around and get fit at the same time? Join us at the pool for aqua aerobics. We bend, stretch and move around against the resistance of the calm, warm water. Open to all fitness levels.

Aqua Yoga – Yoga is very gentle on the body, with slow graceful movement. It creates calmness in the body, mind, and soul using rhythmic breathing techniques. Practicing yoga creates flexibility, increases circulation, and tones the body with very little impact to the joints and muscles. Join us for the experience. Open to all fitness levels.

Open Swim – Pool is available for anyone. Children under the age of 14 must be supervised by an adult.

Family Swim – Pool is available for families to enjoy.





