

Monday

Time	Class	Pool	Instructor
8:30-9:20	Water Workout	L	Erin
11:15-12:00	Just my Speed	L	Erin
12:00-12:55	Stretch & Tone	W	Beth
5:30-6:20	All Out Cardio	L	Meg
7:15-8:00	Deep Water Ex.	L	Meg

Tuesday

Time	Class	Pool	Instructor
7:15-8:00	Water Workout	L	Erin
8:30-9:20	Deep Water Ex.	L	Erin
12:00-12:55	Stretch & Tone	W	Denise
1:00-1:50	Pilates/Yoga Fusion	W	Liz
7:30-8:20	Easy Does It	W	Deb

Wednesday

Time	Class	Pool	Instructor
8:30-9:20	Water Workout	L	Erin
11:15-12:00	Just My Speed	L	Laurie
12:00-12:55	Stretch & Tone	W	Beth
7:15-8:00	Deep Water Ex.	L	Meg

Thursday

Time	Class	Pool	Instructor
7:15-8:00	Water Workout	L	Erin
8:30-9:20	Deep Water Ex.	L	Erin
12:00-12:55	Stretch & Tone	W	Liz
1:00-1:50	Pilates/Yoga Fusion	W	Liz
7:30-8:20	Easy Does It	W	Deb

Pool Key

L= Lap Pool

W=Warm Water Pool

BSP=Borgess Spine Pool

Friday

Time	Class	Pool	Instructor
8:30-9:20	Water Workout	L	Amelia
11:15-12:00	Just My Speed	L	Meg

Saturday

Time	Class	Pool	Instructor
8:30-9:15	Water Workout/Deep Water	L	Meg

Please remember that Health Codes require a cleansing shower before entering the pool

Warm Water Pool Open Swim Times

Small group or private lessons may also use the pool during these times.

Monday & Wednesday	Time
CLOSED 11-12	5:30-10:00 a.m.
	10:00-11:00 a.m. (Deep end)
	12:00-2:00 (Deep end)
	2:00-5:30 p.m.
	5:30-7:30 p.m. (Deep end)
	7:30-9:15 p.m.

Tuesday & Thursday	Time
CLOSED 11-3	5:30-10:00 a.m.
	10:00-11:00 a.m. (Deep end)
	3:00-5:30 p.m.
	5:30-8:20 p.m. (Deep end)
	8:20-9:15 p.m.

Friday	Time
CLOSED 11-12 & 6-7	5:30-10:00 a.m.
	10:00-11:00 a.m. (Deep end)
	12:00-6:00
	7:00-9:15 p.m.– Family Swim

Saturday	Time
CLOSED FOR RENTALS 12:45-3	7:00-9:15 a.m.
	9:15-12:30 (Deep End/Youth Les.)
	3:00-5:45 p.m.– Family Swim

Sunday	Time
	9:00-1:00 Adults only
	1:00-3:00 Family Swim
	3:00-3:45 Adults only

Also ask about our M/Th night swim in Borgess Spine Pool

Lap Swim

- ❑ There will always be at least two lap lanes available for lap swim during all open hours. If all lanes are occupied, lane sharing and/or circle swimming will be implemented.

Family Swim

- ❑ Youth under the age of 16 must be accompanied in the pool area by an adult who is participating in the swim activities.
- ❑ Adults may do laps while their child swims as long as the child can swim one length of the pool without swim aids or assistance.
- ❑ Children who need swim aids must be within arms reach of an adult.
- ❑ Children over age 3 must use gender appropriate locker room or family locker room.
- ❑ **Times:** Friday 7:00-9:15 p.m. L & W
Saturday 2:00-5:45 p.m. Lap pool
3:00-5:45 p.m. Warm Water
Sunday 1:00-3:00 p. m. L & W

Pool Plunge

- ❑ Children 7 and over who are able to swim one length of the pool without assistance or swim aids may swim for one hour while their parents workout.
- ❑ The parent is required to bring the child to the pool area and sign him/her in and out within the hour.
- ❑ Children shall remain in the pool until picked up by the parent.
- ❑ The lifeguard may refuse to let a child swim for behavioral, age, and ability reasons.
- ❑ **Times:** Saturday 2:00-4:00 p.m. L
Sunday 1:00-3:00 p.m. L

Whirlpool

- ❑ Children 13-15 are allowed in the whirlpool with a parent or guardian.
- ❑ Children under 13 are not allowed in the whirlpool.