



# Winter Lap Pool Schedule

|                   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday                                   | Sunday                                     |
|-------------------|--|--|---|--|--|--|--|
| Open Lap Swimming | <b>5:30a – 8:45a</b><br><i>(4 lanes)</i><br><b>10:00a-3:30p</b><br><i>(4 lanes)</i><br><b>3:30-6:30p</b><br><i>(2-3 lanes)</i><br><b>6:30-8:00p</b><br><i>(1 lane)</i> | <b>5:30a – 9:00a</b><br><i>(4 lanes)</i><br><b>10:15a-3:30p</b><br><i>(4 lanes)</i><br><b>3:30-6:30p</b><br><i>(2 lanes)</i> | <b>5:30a – 10:15a</b><br><i>(4 lanes)</i><br><b>11:30a-3:30p</b><br><i>(3-4 lanes)</i><br><b>3:30-6:30p</b><br><i>(2 lanes)</i> | <b>5:30a – 9:00a</b><br><i>(4 lanes)</i><br><b>10:15a-3:30p</b><br><i>(4 lanes)</i><br><b>3:30-6:30p</b><br><i>(1-2 lanes)</i> | <b>5:30a – 9:00a</b><br><i>(4 lanes)</i><br><b>10:15a-3:30p</b><br><i>(4 lanes)</i><br><b>3:30-5:45p</b><br><i>(2 lanes)</i> | <b>7:00a -12:30p</b><br><i>(2-3 lanes)</i> | <b>7:00a -12:30p</b><br><i>(2-3 lanes)</i> |
| *Open Family Swim |  |  | 7:00-8:00p<br><i>LTS pool</i>   |  | 6:30-7:30p<br><i>LTS pool</i>  |  | 1:00-2:00p<br><i>LTS Pool</i>              |
| WATER AEROBICS    | 9:00-9:45a<br><b>H2O Go!</b>   | 9:15-10:00a<br><b>H2O Go!</b>  | 10:30-11:15a<br><b>H2O Go!</b><br><br>5:30-6:15p<br><b>H2O Go!</b>  | 9:15-10:00a<br><b>H2O Go!</b>  | 9:00-9:45a<br><b>H2O Go!</b>   |  |  |

\*Must be added to Swim Lessons or Fitness Membership

Updated 12.5.22 (Schedule Subject to Change)

## **FAMILIES AND MEMBERS**

Here are a few guidelines that have been put in place to keep our staff and you safe while enjoying the pools.

We encourage you to:

1. Please come dressed and ready for the pool.
2. Limit the belongings you bring into the facility.
3. Showers on deck will be available and we encourage all members to shower before entering the pool.

## **H2O GO!**

These beginner through intermediate classes are taught by AEA Training Specialists and is designed to target muscles, equipment and movement; techniques for altering intensity in an easy-to-understand format. Exercising in the water conditions the heart, lungs and muscles while protecting your joints, burning calories and having fun. Water exercises can help control blood pressure, relieve stress and improve balance and flexibility. Beginner, intermediate and advanced exercisers are all welcome to attend. All participants are encouraged to work at a level that matches his or her abilities. No swimming skills are needed.

## **OPEN FAMILY SWIM**

Add Open Family Swim onto your fitness membership or swim lessons, something fun for the whole family. Spend the evening or afternoon together or parents go enjoy a workout! Children ages 6+ can swim on their own if they pass a swim safety test. This is a great opportunity for children to practice everything they've learned from their swim lessons. Please sign up each swimmer for desired swim time at the front desk. Limited space available.

*\$30.00/ month for the 1<sup>st</sup> child | \$20.00/month for each additional child*