

Spring Pool Schedule



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

*Must be added to Swim Lessons or Fitness Membership

Updated 04/18/2022 (Schedule Subject to Change)

FAMILIES AND MEMBERS

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

We encourage you to:

1. Please come dressed and ready for the pool.
2. Limit belongings you bring into the facility.
3. Showers on desk 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 each swimmer up for desired time at the front desk. Space is limited.

\$30.00/ month for the 1st child

\$20.00/month for each additional child