



# Spring Lap Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Lap Swimming	<b>5:30-8:45a</b> <i>(4 lanes)</i>  <b>10:05a-3:30p</b> <i>(4 lanes)</i>  <b>3:30-5:15p</b> <i>(2-3 lanes)</i>	<b>5:30a-9:00a</b> <i>(4 lanes)</i>  <b>10:30a-4:15p</b> <i>(3-4 lanes)</i>  <b>4:15-8:00p</b> <i>(1-2 lanes)</i>	<b>5:30-10:15a</b> <i>(4 lanes)</i>  <b>11:30a-3:15p</b> <i>(3-4 lanes)</i>  <b>3:30-5:15p</b> <i>(1-2 lanes)</i>  <b>7:15-8:15p</b> <i>(3-4 lanes)</i>	<b>5:30-9:00a</b> <i>(4 lanes)</i>  <b>10:30a-4:00p</b> <i>(4 lanes)</i>  <b>4:00-8:00p</b> <i>(2-3 lanes)</i>	<b>5:30-8:45a</b> <i>(4 lanes)</i>  <b>10:05a-3:45p</b> <i>(4 lanes)</i>  <b>4:00-5:30p</b> <i>(2-3 lanes)</i>	<b>7:00-9:15a</b> <i>(4 lanes)</i>  <b>9:30a-3:00p</b> <i>(2-3 lanes)</i>	<b>7:00-9:00a</b> <i>(4 lanes)</i>  <b>9:30-1:00p</b> <i>(2-3 lanes)</i>  <b>1:00-2:30p</b> <i>(1-2 lanes)</i>
H2O Go!	9:00-9:45a	9:20-10:05a	10:30-11:15a  5:30-6:15p	9:20-10:05a	9:00-9:45a		
*Open Family Swim			7:00-8:00p <i>LTS pool</i>		6:00-7:00p <i>LTS pool</i>		1:00-2:00p <i>LTS Pool</i>
Mighty Tang Pre-Team	5:30-6:15p				5:30-6:15p		1:00-1:45p

\*Must be added to Swim Lessons or Fitness Membership

Updated 4.10.26 (Schedule Subject to Change)

## **FAMILIES AND MEMBERS**

We encourage you to:

Please come dressed and ready for the pool.

Limit the belongings you bring into the facility.

We encourage all members to shower before entering the pool, showers are available on the pool deck.

## **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 the desired swim time at the front desk. Limited space available.

*\$30.00/ month for the 1<sup>st</sup> child | 10% sibling discount*

## **Mighty Tang Pre-Team**

A beginner-level competitive swim group that will build endurance and enhance swimming skills. Our coaches provide the skills swimmers need to join a competitive team. Ages 5-14 years old. Contact us to schedule your child's FREE Team evaluation, at [info@rootsaquatics.com](mailto:info@rootsaquatics.com) or 413-568-2782 to join.