

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:15 - 8 a.m.	Lap Swim 5:15 - 8 a.m.	Lap Swim 5:15 - 8 a.m.	Lap Swim 5:15 - 8 a.m.	Lap Swim 5:15 - 8 a.m.		Sunday Hours End April 5
Aqua Exercise 8 - 8:45 a.m.	Deep Water Ex. 8:15 - 9 a.m.	Aqua Exercise 8 - 8:45 a.m.	Deep Water Ex. 8:15 - 9 a.m.	Aqua Exercise 8 - 8:45 a.m.	Masters 8 - 9 a.m.	
Aqua Exercise 9:15 - 10 a.m.	Lap Swim 9 - 11 a.m.	Aqua Exercise 9:15 - 10 a.m.	Lap Swim 9 - 11 a.m.	Aqua Exercise 9:15 - 10 a.m.	Swim Lessons 9 - 11 a.m.	
Lap Swim 10 - 11a.m.		Lap Swim 10 - 11 a.m.		Lap Swim 10 - 11a.m.		
Adult Open 11 a.m. - 1 p.m.	Aqua Exercise 11 - 11:45 a.m.	Adult Open 11 a.m. - 1 p.m.	Aqua Exercise 11 - 11:45 a.m.	Adult Open 11 a.m. - 1 p.m.	Adult Open 11 a.m. - Noon	
	Adult Open Noon - 2 p.m.		Adult Open Noon - 2 p.m.		Adult Open Noon - 2 p.m.	Adult Open Noon - 2 p.m.
<i>Twinges in the Hinges</i> 1 - 1:45 p.m.	Closed 2 - 3:30 p.m.	<i>Twinges in the Hinges</i> 1 - 1:45 p.m.	Closed 2 - 3:30 p.m.	<i>Twinges in the Hinges</i> 1 - 1:45 p.m.	Pool Key Open Swim Pool will be open with only one lap lane put in. Adult Open 2 lap lanes <i>may</i> be put in (18 & older). Lap Swim All 3 lap lanes will be put in. Must swim laps (for all ages). *Winter II, Spring I, & Spring II sessions—Monday afternoon Open Swim will be 3:30 - 6:00*	
<i>Twinges in the Hinges</i> 2 - 2:45 p.m.	Open Swim 3:30 - 5:00 p.m.	<i>Twinges in the Hinges</i> 2 - 2:45 p.m.	Open Swim 3:30 - 5:00 p.m.	Open Swim 3:30 - 5:00 p.m.		
Open Swim 3:30 - 5:00 p.m.	Swim Lessons 5 - 6 p.m.	Open Swim 3:30 - 6:00 p.m.	Swim Lessons 5 - 6 p.m.	Lap Swim 5 - 6 p.m.		
Swim Lessons 6 - 7 p.m.	Deep Water/Aqua Fit 6 - 6:45 p.m.	Swim Lessons 6 - 7 p.m.	Deep Water/Aqua Fit 6 - 6:45 p.m.	Open Swim 6 - 8:45 p.m.		
Open Swim 7 - 8:45 p.m.	Open Swim 7 - 8:45 p.m.	Open Swim 7 - 8:45 p.m.	Open Swim 7 - 8:45 p.m.			

*Pool will be open for additional open swims during mini session.
M, W, F 11:00—12:00 a.m. and M-F 2:00—3:30 p.m.

Non-Gym Schedule

Monday	Tuesday	Wednesday	Thursday
	Fit For Life LOCATION <i>Heritage Woods</i> TIME: 9:45-10:15 am		Fit For Life LOCATION <i>Heritage Woods</i> TIME: 9:45-10:15 am
Power Up Weight Training LOCATION <i>YMCA Weight Room</i> TIME: 6—7 pm		Power Up Weight Training LOCATION <i>YMCA Weight Room</i> TIME: 6—7 pm	

Gym Schedule

Gym Schedule is subject to change to accommodate Youth Sports programs

Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird 5:30-6:15 am	Cardio Combo 5:30-6:15 am	Early Bird 5:30-6:15 am	Cardio Combo 5:30-6:15 am	Early Bird 5:30-6:15 am
Pumping Silver 9:15-10 am	The Ultimate 6-7 pm		The Ultimate 6-7 pm	Pumping Silver 9:15-10 am
	Cardio Circuit 7-8 pm		Cardio Circuit 7-8 pm	