

# Pool Schedule



*SAMPLE SCHEDULE - SUBJECT TO CHANGE*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Open Swim 7:00 – 9:00am	*Open Swim 7am – 12pm	*Open Swim 7:00 – 9:00am	*Open Swim 7am – 12pm	*Open Swim 7:00 – 9:00am	*Open Swim 8:00 – 10:00am
<b>Aqua Fit</b> 9:00 - 9:45am		<b>Aqua Fit</b> 9:00 - 9:45am		<b>Aqua Fit</b> 9:00 - 9:45am	
<b>Joints in Motion</b> 10:00 - 10:45am		<b>Balance</b> 10:00 - 10:45am		<b>Joints in Motion</b> 10:00 - 10:45am	<b>Volleyball</b> <i>(residents only)</i> 10:00 – 11:45am
*Open Swim 11am – 12pm		*Open Swim 11am – 12pm		*Open Swim 11am – 12pm	
<b>Pool Closed 12 to 1 (M – F)</b>			<b>Pool Closed 12 to 12:30 (Sat.)</b>		
<b>Walkercise</b> 1:00 – 1:45pm	<b>Tai Chi</b> 1:00 – 1:45pm	<b>Step &amp; Bike</b> 1:00 – 1:45pm	<b>Walkercise</b> 1:00 – 1:45pm	<b>Open Swim</b> <i>(residents only)</i> 1:00 – 3:00pm	*Open Swim 12:30 – 2:00pm
*Open Swim 1:45 – 5:30pm	* <b>Volleyball</b> 2:00 – 4:00pm	<b>Open Swim</b> <i>(residents only)</i> 2:00 – 3:00pm	* <b>Volleyball</b> 2:00 – 4:00pm		*Open Swim 3:00 – 5:00pm
	*Open Swim 4:00 – 5:30pm	*Open Swim 3:00 – 5:30pm	*Open Swim 4:00 – 5:30pm		

**Class Intensity:**  
 Low  
 Moderate  
 High

*Classes are for residents only, no guests.*

**Pool Office:**  
 x3998

Note: the pool is closed from 10:00 to 10:30am every 2<sup>nd</sup> Tuesday of the month for special programming

\* Asterisk represents times when guests of residents are permitted. *Guests must be accompanied by the resident.*

Spa can be used during any Open Swim time, but not during classes or volleyball.

Enjoy!