

PROGRAM POOL SCHEDULE

Effective November 1, 2022



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Aerobics Allison	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Tabata Allison		
	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Alex	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Alex	6:45 – 7:30 a.m. Aqua HIIT Anza	
	8 – 8:45 a.m. Aqua Aerobics Eileen	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Kathy	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Lori	9 – 10 a.m. Aqua Aerobics Rotating Instructors 1 st –Kathy 2 nd –Kathy 3 rd – Allison 4 th –Lori 5 th –Kathy
	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:00 a.m. Open	
	10:30 – 11:30 a.m. Open (shared)	10:30 – 11: 30a.m. Open (shared)	10:30 – 11:30 a.m. Open (shared)	10:30 – 11:30 a.m. Open (shared)	11 – 11:45 a.m. Cal Vet Class	10 – 12 p.m. Open
12 – 3 pm Open	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Kathy	
	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Shannon	1– 4 p.m. Open
	4:00 – 5:00 p.m. Open (shared)	4:00 – 5:00 p.m. Open (shared)	4:00 – 5:00 p.m. Open (shared)	4:00 – 5:00 p.m. Open (shared)	4:00 – 5:00 p.m. Open	
	2:30 – 5:30 p.m. Swim Lessons	2:30 – 5:30 p.m. Swim Lessons	2:30 – 5:30 p.m. Swim Lessons	2:30 – 5:30 p.m. Swim Lessons		
	5:30 – 6:15 p.m. Aqua Aerobics Shannon	5:30 – 6:30 p.m. Aqua Zumba Alex	5:30 – 6:15 p.m. Aqua Fusion Shannon	5:30 – 6:30 p.m. Aqua Aerobics Lori	5:30 – 6:30 p.m. Aqua Aerobics Faithe	
	6:30 – 7:30 p.m. Open (shared)	6:30 – 7:30 p.m. Open (shared)	6:30 – 7:30 p.m. Open (shared)	6:30 – 7:30 p.m. Open(shared)		
	6:30-7:30 Swim Lessons	6:30-7:30 Swim Lessons	6:30-7:30 Swim Lessons	6:30-7:30 Swim Lessons		

Schedules may change without prior notice. Private swim lessons may take place at any time. Shared use may be cancelled at the Aquatic Director's discretion.

Swim diapers required for people unable to independently use the bathroom.

Children under 11 must be accompanied by an adult. Children 6 and under must be in direct contact with an adult in the water.