

PROGRAM POOL SCHEDULE

January 23, 2023



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	5:45 – 6:30 am Aqua Aerobics Anza	5:45 – 6:30 am Aqua Aerobics Sandra	5:45 – 6:30 am Aqua Aerobics Anza	5:45 – 6:30 am Aqua Tabata Christine	Closed		
	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 am Aqua Zumba Alex	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 am Aqua Zumba Alex	6:45 – 7:30 am Aqua HIIT Anza		
	8:00 – 8:45 am Aqua Aerobics Eileen	8:00 – 8:45 am Aqua Aerobics Allison	8:00 – 8:45 am Aqua Aerobics Kathy	8:00 – 8:45 am Aqua Aerobics Allison	8:00 – 8:45 am Aqua Aerobics Allison		9:00 – 10:00 am Aqua Aerobics Rotating Instructors 1 st -Kathy 2 nd -Kathy 3 rd - Allison 4 th -Allison 5 th -Kathy
	9:00 – 11:30 am Swim Lessons	9:00 – 11:30 am Swim Lessons	9:30 – 10:15 am Closed	9:30 – 10:15 am Closed	9:00 – 11:00 am Open		
	10:30 – 11:30 am Open (shared)	10:30 – 11:30 am Open (shared)	10:30 – 11:30 am Open (shared)	10:30 – 11:30 am Open (shared)	11:00 – 11:45 am Closed		10:00 am – 12:00 pm Open (shared)
12:00 – 3:00 pm Open	12:00– 1:00 pm Aqua Aerobics Kathy	12:00– 1:00 pm Aqua Aerobics Shannon	12:00 – 1:00 pm Aqua Aerobics Eileen	12:00 – 1:00 pm Aqua Aerobics Eileen	12:00 – 1:00 pm Aqua Aerobics Kathy	10:00 am – 12:00 pm Swim Lessons	
	1:15 – 2:15 pm Aqua Arthritis Eileen	1:15 – 2:15 pm Adult Open Swim & Water Walking	1:15 – 2:15 pm Aqua Arthritis Eileen	1:15 – 2:15 pm Adult Open Swim & Water Walking	1:15 – 2:15 pm Aqua Arthritis Shannon	1:00- 4:00 pm Open	
4:00 – 5:00 pm Open (shared)	4:00 – 5:00 pm Open (shared)	4:00 – 5:00 pm Open	4:00 – 5:00 pm Open	4:00 – 5:00 pm Open			
2:30 – 5:30 pm Swim Lessons	2:30 – 5:30 pm Swim Lessons	5:00 – 5:30 pm Swim Lessons	5:00 – 5:30 pm Swim Lessons				
5:30 – 6:30 pm Aqua Aerobics Shannon	5:30 – 6:30 pm Aqua Zumba Alex	5:30 – 6:30 pm Aqua Fusion Shannon	5:30 – 6:30 pm Aqua Aerobics Alex	5:30 – 6:30 pm Aqua Aerobics Faithe			
6:30 - 7:30 pm Open (shared)	6:30 - 7:30 pm Open (shared)	6:30 - 7:30 pm Open	6:30 – 7:30 pm Open	Closed			
	6:30-7:30 pm Swim Lessons	6:30-7:30 pm 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. Non-swimmers must wear a lifejacket if they cannot touch bottom.

Children under 11 must be accompanied by an adult. Children 6 and under must be in direct contact with an adult in the water. No mono-fins or Mermaid Tails permitted