

Swim Schedule

You are free to use the pools when there is not a class in session. Lap swimmers: please use lap pool only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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8:30 - 9 Recreation Pool Open	8:30 - 9:30 Deep/Shallow Aqua Intervals Recreation Pool Elaine Waterman	8:30 - 9:30 Total Body Water Training Recreation Pool Donna Schlosser	8:30 - 9:30 Deep/Shallow Aqua Intervals Recreation Pool Elaine Waterman	8:30 - 9 Recreation Pool Open	8:30 - 10:30 Recreation Pool Open	8:30 - 10:30 Recreation Pool Open
9 - 9:30 Aqua Yoga Recreation Pool Jill Cray	9:30 - 11 Group Swim Lessons* Recreation Pool Alicia Connors	9:30 - 12 Recreation Pool Open	9:30 - 11 Group Swim Lessons* Recreation Pool Amanda Hamel	9 - 9:30 Aqua Yoga Recreation Pool Jill Cray	9 - 10:30 FitKids Childcare families are invited to share the recreation pool with Club members. The pool is not reserved.	9 - 10:30 FitKids Childcare families are invited to share the recreation pool with Club members. The rec pool is not reserved.
9:30 - 11 Group Swim Lessons* Recreation Pool Megan Fryman	11 - 11:30 Parent & Me* Rec Pool / Amanda Hamel			9:30 - 11 Group Swim Lessons* Recreation Pool Alicia Connors	10:30 - 11 Youth Swim Lessons* Rec Pool / Alicia Connors	10:30 - 11:15 Pre-Swim Team* Recreation Pool Alicia Connors
11 - 12 Recreation Pool Open	11:30 - 5:15pm Recreation Pool Open	12 - 1 Pilates in Water Recreation Pool Maryam Paydarfar	11 - 5:15 Recreation Pool Open	11 - 12 Pilates Balance in Water Recreation Pool Maryam Paydarfar	11 - 11:30 Parent & Me* Rec Pool / Alicia Connors	11:15 - Close Recreation Pool Open
12 - 1 Pilates in Water Recreation Pool Maryam Paydarfar		1 - 4 Recreation Pool Open		12 - Close Recreation Pool Open	11:30 - 12 Youth Swim Lessons* Rec Pool / Alicia Connors	
1 - 4 Recreation Pool Open					12 - Close Recreation Pool Open	
4 - 5:30 Group Swim Lessons* Recreation Pool Samantha McGuire	5:15 - 6:15 Aqua Zumba Recreation Pool Jennifer Sargent	4 - 5:30 Group Swim Lessons* Recreation Pool Samantha McGuire	5:15 - 6:15 Aqua Zumba Recreation Pool Jennifer Sargent		3 - 7 FitKids Childcare families are invited to share the recreation pool with Club members. The pool is not reserved.	3 - 7 FitKids Childcare families are invited to share the recreation pool with Club members. The pool is not reserved.
5:15 - 6 Group Swim Lessons* Lap Pool Samantha McGuire	6:15 - Close Recreation Pool Open	5:30 - 6:30 Total Body Water Training Recreation Pool Donna Schlosser	5:15 - 6 Group Swim Lessons* Lap Pool Sam McGuire			
5:30 - 6:30 Total Body Water Training Recreation Pool Erica McIntyre			6:15 - Close Recreation Pool Open	6:30 - 10 FitKids Childcare families are invited to share the recreation pool with Club members. The pool is not reserved.		
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*Please note that classes identified with an asterisk have an additional fee. To enroll in additional fee classes, please see Club Services or a Membership Representative.