



# Lap Pool Master Schedule Fall/Winter 2017/18

Effective September 5, 2017

Monday 6am-10pm	Tuesday 6am-10pm	Wednesday 6am-10pm	Thursday 6am-10pm	Friday 6am-10pm	Saturday 12pm-8pm	Sunday 8am-8pm
Swim Lessons 9am-12:00	Swim Lessons 9am-12:00	Swim Lessons 9am-12:00	Swim Lessons 9am-12:00	Swim Lessons 9am-12:00	Swim Lessons 9:00am-12:30	
Total Water Workout 10:15-11:00	Aqua <b>ZUMBA</b> <b>9:30-10:15</b>		Aqua <b>ZUMBA</b> <b>9:30-10:15</b>	Total Water Workout 9:15-10:00	Total Water Workout 9:30-10:15	
Deep Water Workout 11:15-12:00	Water Walking & Weights 10:45-11:30	Deep Water Workout 10:15-11:00	Total Water Workout 10:45-11:30	Deep Water Workout 10:15-11:00	Water Weights 10:15-10:45	
☺ Family Swim 12 noon-4pm		Total Water Workout 11:15-12:00				
Bowie Sr. Class 12:15-1 PM		Bowie Sr. Class 12:15-1 PM				
Swim Lessons 3:25-8:30pm	Swim Lessons 3:55-8:30pm	Swim Lessons 3:55-8:00pm	Swim Lessons 3:55-8:30pm		<i>Parent's Night Out! Held the 1st Saturday each month - 6-9pm</i>	
Deep Water workout 6:15-7:00		Deep Water Workout 7:00-7:45pm				
	Total Water Workout 7:00-7:45pm		Aqua Bootcamp 7:00-7:45pm			

- Because the Aquatic Center is tightly programmed on Saturday with swim lessons, Aqua aerobics and therapy the Aquatic Center opens at 12 noon on Saturdays. Family Swim is 1:00-6:00pm.
- Lap swimming is available during all open hours – space may be limited during busy hours. Classes and lessons will have priority to pool space.
- Additional special programming may occur in the Aquatic Center – See Special Programming Calendar at the pool for details.
- We invite families and children to swim and play only during Family Swim Hours as scheduled (see reverse).
- Children will not be permitted to wait on the pool deck during non-family swim hours while guardian swim laps, take classes, use the hot tub, etc....
- Children participating in lap swimming MUST be able to swim multiple laps without stopping and without the use of flotation devices or the assistance of an adult. A swim test is required.
- Those children who are learning to swim laps may do so during family swim hours.
- Keep a current copy of this schedule for your convenience. Schedule subject to change based on programming needs.