



POOL Schedule

MONDAY

Open Swim
5am-9am

9:00-9:45am
Hydro Fitness
Candice

Open Swim
10am-5:30pm

TUESDAY

Open Swim
5am-5:30pm

Starting
October 5th
2020

WEDNESDAY

Open Swim
5am-9am

9:00-9:45am
Hydro Fitness
Candice

Open Swim
10am-5:30pm

THURSDAY

Open Swim
5am-5:30pm



FRIDAY

Open Swim
5am-5:30pm

SATURDAY

7:00-9:00am
Open Swim

9:00-9:45am
Hydro Fitness

Open Swim
10am-4:30pm

OPEN SWIM will be open to Members only for **FITNESS USE/LAP SWIM ONLY**

Water Fitness classes will be open

(NO LIFEGUARD ON DUTY) Age 15 MUST be accompanied by a parent or guardian 18 or older

Parent/Guardian must be in water, actively working out with youth

Limited to TWENTY (20) members at one time

Water classes will be limited to TWENTY (20) participants, All classes will be on a first come basis

POOL WILL BE CLOSED DURING WATER FITNESS CLASSES

Showers in Pool area will be available to rinse prior to and after utilizing the pool.

Chairs and hooks will be available on pool deck for belongings

Class Descriptions:

Hydro Fitness: Condition your body in the water without the pounding on your joints! Our classes will help you increase cardiovascular endurance, range of motion, flexibility and core strength.

Class Registration Information:

-Register for classes beginning two weeks before the start of the session

-Check in at the front desk before each class you attend

-If class is cancelled we will contact all registered individuals