



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective **January 2nd, 2023**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
| Lap Swim: Instructional Pool 7am-10am(6 Lanes) | | Lap Swim: Instructional Pool 6am-7:50am(6 Lanes) | | Lap Swim: Instructional Pool 6am-7:50am(6 Lanes) | | |
| | Shallow Tone Class: 8am-8:55am (Instructional Pool) | Shallow Tone Class: 8am-8:55am (Instructional Pool) | Shallow Tone Class: 8am-8:55am (Instructional Pool) | Shallow Tone Class: 8am-8:55am (Instructional Pool) | Shallow Tone Class: 8am-8:55am (Instructional Pool) | Aqua Zumba Class: 8am-8:55am (Instructional Pool) |
| | | Lap Swim: Instructional Pool 9am-11:50am(6 Lanes) | | Lap Swim: Instructional Pool 9am-11:50am(6 lanes) | | |
| | | Shallow Tone Class: 12pm-12:55pm (Instructional Pool) | | Shallow Tone Class: 12pm-12:55pm (Instructional Pool) | Shallow Tone Class: 12pm-12:55pm (Instructional Pool) | |
| | | Shallow Tone: 6:30pm-7:25pm (Instructional Pool) | | Shallow Tone: 6:30pm-7:25pm (Instructional Pool) | | |

Aqua Fit Descriptions: For additional information on our Aqua Fitness programming click [HERE](#).

Lap Swimming: For additional information click [HERE](#).

Shallow Pool Schedule Modifications:

No Aqua Fitness class on 1/28 at 8:00am.

No lap swimming on 1/29.



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective **January 2nd, 2023**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|--|
| Lap Swim: Competition Pool 7am-10am (14 -17anes) | Lap Swim: Competition Pool 5am-1:30pm(14-17 lanes) 4pm-8pm (5 lanes) | Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes) | Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes) | Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-8pm (5 lanes) | Lap Swim: Competition Pool 5am-1:30pm (14-17 lanes) 4pm-7pm (9-17 lanes) | Lap Swim: Competition Pool 7am-1pm (10-17 lanes) |
| | Deep H2O Dynamics: 11am-11:55am (Competition Pool) | Deep H2O Dynamics: 11am-11:55am (Competition Pool) | Deep H2O Dynamics: 11am-11:55am (Competition Pool) | Deep H2O Dynamics: 11am-11:55am (Competition Pool) | Deep H2O Dynamics: 11:00am-11:55am (Competition Pool) | |

Aqua Fit Descriptions: For additional information on our Aqua Fitness programming click [HERE](#).

Lap Swimming: For additional information click [HERE](#).

Competition Schedule Modifications:

Lap swim on 1/27 will only be open from 5am-1:30pm. Lap swim on 1/28 will only be open from 5am-7am. No lap swimming on 1/29.