



Lap Swim & Aqua Fit Aquatics Center Schedule

Shallow Pool (Instructional Pool)

Effective **September 5th, 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)		Lap Swim: Instructional Pool 9:05am-1pm (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 Class: 12pm-12:55pm (Instructional Pool)	Shallow Tone Class: 12pm-12:55pm (Instructional Pool)	
	Shallow Tone: 6:45pm-7:40pm (Instructional Pool)		Shallow Tone: 6:45pm-7:40pm (Instructional Pool)			

Aqua Fit Descriptions: [Course descriptions.](#)

Lap Swimming: [Lap Swimming webpage](#) with information about lane schedules, possible closures, parking, fees.

Swim Lessons: [Swim lessons](#) information covering fees and registration.

Schedule Modifications: No Aqua Fitness classes on Saturday, October 21st due to a Swim Meet.
No Aqua Fitness classes on Thursday, November 23rd, due to Thanksgiving and Monday December 25th due to Christmas Day.



Lap Swim & Aqua Fit Aquatics Center Schedule

Deep Pool (Competition Pool)

Effective **September 5th, 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: Competition Pool 7am-10am (10-17 lanes)	Lap Swim: Competition Pool 5am-1:30pm (10-17 lanes) 4:30pm-8pm (4-8 lanes)	Lap Swim: Competition Pool 5am-1:30pm (10-17 lanes) 4:30pm-8pm (4-8 lanes)	Lap Swim: Competition Pool 5am-1:30pm (10-17 lanes) 4:30pm-8pm (4-8 lanes)	Lap Swim: Competition Pool 5am-1:30pm (10-17 lanes) 4:30pm-8pm (4-8 lanes)	Lap Swim: Competition Pool 5am-1:30pm (10-17 lanes) 4:30pm-7:30pm (5-8 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: [Course descriptions.](#)

Lap Swimming: [Lap Swimming webpage](#) with information about lane schedules, possible closures, parking, fees.

Swim Lessons: [Swim lessons](#) information covering fees and registration.

Schedule Modifications:

Lap Swim on Saturday October 21st will be offered from 5am-7am only, due to a Swim Meet.

No Lap Swim on Sunday October 22nd, due to a Swim Meet.

No Lap Swim Thursday November 23rd, due to Thanksgiving and Monday December 25th due to Christmas Day.