

# Big Pool Schedule

*At least 2 lap lanes are available at all times. Please circle swim when necessary.*

Monday	Tuesday	Wednesday	Thursday	Friday	<u>WEEKEND</u>	
Adult Workout 5:00-6:15	Adult Workout 5:00-8:00	Adult Workout 5:00-6:15	Adult Workout 5:00-8:00	Adult Workout 5:00-6:15	<b>Saturday</b>	
<b>Hydro-Fit 6:15-7:15</b>		<b>Hydro-Fit 6:15-7:15</b>		<b>Hydro-Fit 6:15-7:15</b>	Adult Workout 7:00-8:30	
All Workout 7:15-8:30	<b>Hydro-Fit 8:00-9:00</b>	All Workout 7:15-8:30	<b>Hydro-Fit 8:00-9:00</b>	All Workout 7:15-8:30	<b>Hydro-Fit 8:30-9:30</b>	
<b>Hydro-Fit 8:30-9:30</b>	<b>Water Fitness 9:00-10:00</b>	<b>Hydro-Fit 8:30-9:30</b>	<b>Water Fitness 9:00-10:00</b>	<b>Hydro-Fit 8:30-9:30</b>	Adult Workout 9:30-10:30	
<b>Deep Water Running 9:45-10:30</b>	All Workout 10:00-12:00	<b>Deep Water Running 9:45-10:30</b>	All Workout 10:00-12:00	<b>Deep Water Running 9:45-10:30</b>	All Workout 10:30-8:00	
All Workout 10:30-12:00		All Workout 10:30-12:00		All Workout 10:30-12:00		
Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	Adult Workout 12:00-1:00	<b>Sunday</b>	
All Workout 1:00-9:00	All Workout 1:00-6:00	All Workout 1:00-9:00	All Workout 1:00-6:00	All Workout 1:00-9:00		Adult Workout 9:00-12:00
	<b>Hydro-Fit 6:00-7:00</b>		<b>Hydro-Fit 6:00-7:00</b>			All Workout 12:00-9:00
	All Workout 7:00-9:00		All Workout 7:00-9:00			
Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00	Adult Workout 9:00-11:00		

***All classes are included in your membership, join anytime!***

**Updated 10/09**

**Hydro-Fit:** Deep water exercise class, aerobic.

**Deep Water Running:** Interval style aerobic workout.

**Water Fitness:** An instructor led shallow water workout class, aerobic.

**Adult Workout:** Individual workout session for members 18 & older only.

**All Workout:** Members age 8 and older may walk/swim laps or do therapy exercise. Children under 14 years must be accompanied by an adult. **Swim lessons** for all ages may also be scheduled.

**KSW (Kids Swim Workout):** FREE class for kids on a membership. Instructor leads kids through fun workout. No registration required; must be able to swim at least one lap.