

# AQUATICS SCHEDULES

Whirlpool will be closed on July 2 and August 6 from 1:00 PM - 3:00 PM for cleaning.

All scheduling is subject to change with advanced notice. Schedules are valid through September 1.

## Water Fitness Classes (Free for Members)

Sign up for aquatic fitness updates. Text @jaquatics to 81010.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:45 AM Stretch and Flex Susan T.	7:00 - 7:45 AM Stretch and Flex Wanda	7:00 - 7:45 AM Stretch and Flex Susan T.	7:00 - 7:45 AM Stretch and Flex Melissa	7:00 - 7:45 AM Stretch and Flex Susan T.	Aqua Zumba and WIM alternate every other Saturday.	
8:00 - 8:45 AM Tone-N-Flex Susan T.	8:00 - 8:45 AM Tone-N-Flex Wanda	8:00 - 8:45 AM Tone-N-Flex Susan T.	8:00 - 8:45 AM Tone-N-Flex Melissa	8:00 - 8:45 AM Tone-N-Flex Susan T.	8:00 - 8:45 AM Aqua Zumba Heather	
9:00 - 9:45 AM Water Cardio	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio Kathy	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio	Aqua Zumba: June 8 & 22 July 6 & 20	10:30 - 11:15 AM AquaFit Bonnie
11:00 AM - 12:00 PM WIM-Platinum Teresa	11:00 AM - 11:45 AM Arthritis Teresa	10:00 - 11:00 AM WIM Patty	11:00 AM - 11:45 AM Arthritis Teresa	11:00 AM - 12:00 PM WIM-Platinum Teresa	August 3, 17, & 31	Starting June 16:
	11:00 AM - 11:45 AM Deep Water Kristi	11:00 - 11:45 AM Deep Water Teresa	11:00 AM - 11:45 AM Deep Water Kristi		8:00 - 9:00 AM WIM Heather	11:45 AM - 12:30 PM Aqua Stand Up Bonnie
1:00 PM - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	11:00 AM - 11:45 AM Water Cardio Patty	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	WIM: June 15 & 29 July 13 & 27	
6:30 PM - 7:30 PM WIM Teddy	7:00 - 8:00 PM Water Cardio Linda	1:00 - 1:45 PM Arthritis Joie	7:00 - 8:00 PM Water Cardio Linda		August 10 & 24	
	8:00 - 9:00 PM Aqua Fit Bonnie	7:00 - 8:00 PM Water Cardio Susan E.	<b>Annual Pool Cleaning</b> The pool will be closed from September 1 at 7:00 PM thru September 9.			

## Lap and Open Swim Schedule

Open lanes are for lap swim. Other lanes are for lessons. Half open area is for free swim.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 7:00 AM	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open		
7:00 - 8:00 AM	2 Lanes Open	3 Lanes Open	2 Lanes Open	3 Lanes Open	2 Lanes Open		
8:00 - 9:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open; Half Open Area
9:00 - 10:00 AM	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
10:00 - 11:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open
11:00 AM - 12:00 PM	1 Lane Open	Closed	1 Lane Open	Closed	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open
12:00 - 1:00 PM	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open
1:00 - 2:00 PM	Closed	Closed	Closed	Closed	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
2:00 - 3:00 PM	Closed	2 Lanes Open; Deep End Open	2 Lanes Open	2 Lanes Open; Deep End Open	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:00 - 3:30 PM	Closed	2 Lanes Open; Deep End Open	2 Lanes Open; Half Open Area	2 Lanes Open; Deep End Open	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:30 - 4:00 PM	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:00 - 4:30 PM	1 Lane Open	1 Lane Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:30 - 5:00 PM	1 Lane Open	1 Lane Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
5:00 - 6:00 PM	1 Lane Open	1 Lane Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:00 - 6:30 PM	Half Open Area	Half Open Area	Half Open Area	Half Open Area	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:30 - 7:00 PM	Closed	Half Open Area	Half Open Area	Half Open Area			2 Lanes Open; Half Open Area
7:00 - 8:00 PM	2 Lanes Open until 7:30 PM	2 Lanes Open	2 Lanes Open	2 Lanes Open			
8:00 - 9:30 PM	3 Lanes Open; Half Open Area	3 Lanes Open	3 Lanes Open; Half Open Area	3 Lanes Open; Half Open Area			