

WATER FITNESS CLASSES
February 24 - May 31

Classes in salmon are free but require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:45 AM Tone-N-Flex Susan	7:00 - 7:45 AM Stretch and Flex Wanda	7:00 - 7:45 AM Tone-N-Flex Susan	7:00 - 7:45 AM Stretch and Flex Melissa	7:00 - 7:45 AM Tone-N-Flex Susan		
8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Wanda	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Melissa	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Aqua Zumba Heather February 29 March 14 & 28 April 11 & 25 May 9 & 23	
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 Patty		10:30 - 11:15 AM AquaFit Bonnie
11:00 AM - 12:00 PM WIM-Platinum Teresa	11:00 AM - 11:45 AM Arthritis Teresa	11:00 - 11:45 AM Deep Water Teresa	11:00 AM - 11:45 AM Arthritis Teresa	11:00 AM - 12:00 PM WIM-Platinum Teresa	8:00 - 9:00 AM WIM Heather March 7 & 21 April 4 & 18 May 2, 16, & 30	11:45 AM - 12:30 PM Aqua Stand Up Bonnie S1: March 1 - April 5 S2: April 19 - May 21
	11:00 AM - 11:45 AM Deep Water Kristi	11:00 AM - 11:45 AM Water Cardio Patty	11:00 AM - 11:45 AM Deep Water Kristi			
1:00 PM - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie		
6:30 PM - 7:30 PM WIM Teddy	7:00 - 8:00 PM Water Cardio Linda	7:00 - 8:00 PM Water Cardio Susan	4:00 - 5:00 PM Aqua Stand Up Teresa S1: Feb 27 - April 2 S2: April 16 - May 21	5:30 - 6:15 PM Water Pilates Bonnie		5:00 - 6:00 PM Aqua Stand Up Heather S1: March 1 - April 5 S2: April 19 - May 21
	8:00 - 9:00 PM Aqua Fit Bonnie		7:00 - 8:00 PM Water Cardio Linda			

OPEN SWIM SCHEDULE
February 24 - May 31

Open lanes are for lap swim only.

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