



WEEKLY POOL SCHEDULE

DURING INDOOR LAP POOL CLOSURE

| DAY | TIME | AM/PM | CLASS | INSTRUCTOR | POOL |
|------------|-------------------|-----------|------------------------------|------------|--------------------------|
| M | 6:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| M | 9:00-9:45 | AM | Margo's Morning Group | Margo S. | WWP/Outdoor Lap Pool* |
| M | 12:00-12:45 | PM | Hydro-Pilates | Lisa E. | Warm Water Pool |
| M | 4:00-7:00 | PM | OPEN LAP SWIM | | Warm Water Pool |
| T | 6:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| T | 9:00-9:45 | AM | Aqua Combo | Margo S. | WWP/Outdoor Lap Pool* |
| T | 12:15-1:00 | PM | Aqua Barre | Lisa E. | Warm Water Pool |
| T | 5:00-7:50 | PM | Red Cross Swim Lessons | Varies | WWP |
| T | 4:00-7:00 | PM | OPEN LAP SWIM | | Warm Water Pool |
| W | 6:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| W | 9:00-10:00 | AM | Waves | Sue S. | Lap Pool (wwp currently) |
| W | 10:00-11:00 | AM/PM | Water Tune Up | Sue S. | Warm Water Pool |
| W | 4:00-7:00 | PM | OPEN LAP SWIM | | Warm Water Pool |
| TH | 6:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| TH | 9:00-9:45 | AM | Aqua Combo | Janice P. | WWP/Outdoor Lap Pool* |
| TH | 1:15-2:00 | PM | Hydro-Pilates | Lisa E. | Warm Water Pool |
| TH | 4:00-7:00 | PM | OPEN LAP SWIM | | Warm Water Pool |
| TH | 5:00-7:50 | PM | Red Cross Swim Lessons | Varies | WWP |
| F | 6:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| F | 10:00-11:00 | AM | Waves | Sue S. | Lap Pool (wwp currently) |
| F | 11:00-12:00 | AM/PM | Water Tune Up | Sue S. | Warm Water Pool |
| F | 4:00-7:00 | PM | OPEN LAP SWIM | | Warm Water Pool |
| SAT | 7:00-11:00 | AM | OPEN LAP SWIM | | Warm Water Pool |
| SAT | 9:00-11:30 | AM | Red Cross Swim Lessons | Varies | WWP/Outdoor Lap Pool* |
| SAT | 11:30-12:30 | AM/PM | Aqua Combo (through 5/31/25) | Amanda K. | Warm Water Pool |
| SUN | 7:00-7:00 | AM | OPEN LAP SWIM | | Warm Water Pool |

We appreciate your cooperation in helping to maintain our pools' safety!

- o Weekly pool schedule is subject to change. **Open Lap Swimming is subject to change dependant upon staffing.**
- o Classes held in the lap pool share space with lap swimmers - check with class instructor(s) before class(es) start.
- o Private Swim Lessons & SPLASH Lessons take place throughout the week and weekend in both Lap & Warm Water Pools.
- o Members are allowed to stay in the Resistance River when an exercise class or group swim lessons are going on in the Warm Water Pool, as long as they are practicing safe, physical distancing from others.
- o Children under the age of 12 are not to be left alone in the pool area/Guardian must accompany a child at all times.
- o Parents/ Guardians must be present on the pool deck while the child is swimming.
- o No one under the age of 16 is allowed in the spas. No swimming is permitted in the spa.
- o Anyone under the age of 18 is **not allowed** in the warm water pool unless 18 months & younger.
 - o Exceptions are (including when indoor lap pool is closed for maintenance):
 - Supervised Swim lessons
 - Physical Therapy
 - Medical Passes written by a physician
- o Kickboards, pull buoys, fins and paddles are for lap swimmers only. Noodles are for fitness classes only.
- o Only US Coastguard approved flotation devices may be used. No arm floats and no inflatable pool toys.
- o *Class/Program may take place outdoors in our Outdoor Lap Pool, weather-permitting once season starts*