



Aquatics Schedule
Effective June 1, 2011



MAIN POOL CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIQUID HEAT	11:30AM-12:30PM		11:30AM-12:30PM		11:30AM-12:30PM		
HYDRO BURN	5:30PM-6:30PM		5:30*PM-6:30PM		5:30AM-6:30AM	8AM-9AM	
AQUA FIT		9AM-10AM	9AM-10AM	9AM-10AM	9AM-10AM		
POWER PLUNGE		6PM-7PM					
POWER AQUA					5:30PM-6:30PM		

MAIN POOL - Other							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FWSW Training				6AM-7AM e/o			
SWIM LESSONS	9:30AM-11AM	10:15AM-11:30AM	4PM-6PM	10:15AM-11:30AM		8:30AM-11AM	
FAMILY SWIM children 13 & under permitted	10:30AM-11:30AM 1PM-4:30PM 6:30PM-9:30PM	1PM-4:30PM 7PM-9:30PM	10AM-11:30AM 1PM-4PM 6:30PM-9:30PM	1PM-4:30PM 8PM-9:30PM	10AM-11:30AM 1PM-4:30PM 6:30PM-8:30PM	11AM-6:30PM	9AM-5PM
MS AQUA CLASS		10:45AM-11:45AM		10:45AM-11:45AM			
TURNSTONE LAP CLUB		5:10PM-6PM		4:15PM-5PM & 5:10PM -6PM			
MED-FIT Phys/PT Referral Rquired			10:30AM-11:15AM		10:30AM-11:15AM		

WARM WATER CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM WATER CLASSES	12:30PM-1:30PM	8AM-9AM	10:10AM-11:10AM	8AM-9AM	10:10AM-11:10AM		
	6PM-7PM	12PM-1PM	12:30PM-1:30PM	12PM-1PM	12:30PM-1:30PM		
			6PM-7PM				

- At least two (2) lanes are available for lap swimming at all times for members and guests 14 and older, unless otherwise posted for special events.
- Scheduled aquatic classes of 7 or more (4 for Power Aqua) will have priority use of the pool and be given 3 lanes. * Only 2 lanes available 5:30-6PM
- During Family Swim times, children under 14 must be accompanied by a parent or guardian over 18 and must use family locker room.
- Members and guests must be 14 years of age or older to use the Warm Water Pool.

Main Pool Breaks Closed for 10 minutes	7AM; 10AM; 2PM: 5PM; 8PM	7AM; 10AM; 2PM: 5PM; 8PM	7AM; 10AM; 2PM: 5PM; 8PM	7AM; 10AM; 2PM: 5PM; 8PM	7AM; 10AM; 2PM: 5PM; 8PM	10AM, 2PM, 5PM	10AM, 2PM, 5PM
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FACILITY HOURS	5AM-10PM	5AM-10PM	5AM-10PM	5AM-10PM	5AM-9PM	7AM-7PM	8AM-6PM
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