

POOL SCHEDULE

FALL 2021 OCTOBER 1st – 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Member Lap Swimming 5:00am – 10:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are for **Swim Variety	Member Lap Swimming 5:00am – 9:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are for **Swim Variety Hydro Fit 9:00am – 10:00am	Member Lap Swimming 5:00am – 10:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are for **Swim Variety	Member Lap Swimming 5:00am – 9:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are for **Swim Variety Aqua Strength & Balance 9:00am – 10:00am	Member Lap Swimming 5:00am – 10:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are for **Swim Variety	Member Lap Swimming 6:00am – 12:00pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Member Lap Swimming 7:00am – 10:00am Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety
Aqua Energizer 10:00am – 11:00am	Aqua Energizer 10:00am – 11:00am	Aqua Motion 10:00am – 11:00am	Aqua Power Pulse 10:00am – 11:00am	Aqua Power Pulse 10:00am – 11:00am		
Water Volleyball 11:30am – 1pm (3 Lanes, 4, 5, 6) Member Lap Swimming stroke & variety Lanes 1, 2, 3	Member Lap Swimming 11:00am – 4:00pm	Water Volleyball 11:30am – 1pm (3 Lanes, 4, 5, 6) Member Lap Swimming stroke & variety Lanes 1, 2, 3	Member Lap Swimming 11:00am – 4:00pm	Water Volleyball 11:30am – 1pm (3 Lanes, 4, 5, 6) Member Lap Swimming stroke & variety Lanes 1, 2, 3	ATWB Girls Swim Team Practice 12:30pm – 3:00pm	NEDSRA Swim School 10:00am – 1:00pm
Member Lap Swimming 1:00pm – 4:00pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Member Lap Swimming 1:00pm – 4:00pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Member Lap Swimming 1:00pm – 7:00pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Member Lap Swimming 3:00pm – 4:50pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety	Member Lap Swimming 1:00pm – 4:50pm Lanes 5 & 6 are *Swim stroke only. Lanes 1-4 are **Swim Variety
Swim Lessons 4:30pm – 7:00pm					Club Fitness Hours Monday-Friday: 5:00am-10:00pm Saturday: 6:00am-5:00pm Sunday: 7:00am-5:00pm	
Aqua Zumba 7:10pm-7:50pm	ATWB Girls Swim Team Practice 7:30pm – 9:30pm	Aqua Zumba 7:10pm-7:50pm	ATWB Girls Swim Team Practice 7:30pm – 9:30pm	ATWB Girls Swim Team Practice 7:00pm – 9:00pm		
ATWB Girls Swim Team Practice 8:00pm – 9:30pm		ATWB Girls Swim Team Practice 8:00pm – 9:30pm				

Non-Member Lap Swimming: \$10.00 Daily Fee

*Swim Stroke Only: Lanes 5 & 6 are for continuous swimming utilizing actual swim strokes including, but not limited to freestyle, backstroke, breaststroke, butterfly, sidestroke, etc.

**Swim Variety: Lanes 1-4 are for a variety of pool uses that includes, but not limited to therapy, water walking, stationary exercises, etc.

Aqua Group Fitness Class Reservation -Sign In Sheet (36 Participants) will be placed out the day of class.

Addison Trail/Willowbrook Girls Swim Team Practice: Season – September 21st to November 12th

**Water Volleyball (Begins September 1st): 11:30 am – 1:00 pm, Lanes 4, 5, 6.
Note: Lanes 1, 2, 3 will be open for both *Swim Stroke and **Swim Variety**