

# POOL SCHEDULE

SPRING 2022 MAY 1<sup>st</sup> – 31<sup>st</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Member Lap Swim 5:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are for <b>**Swim Variety</b>	Member Lap Swim 5:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are for <b>**Swim Variety</b>	Member Lap Swim 5:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are for <b>**Swim Variety</b>	Member Lap Swim 5:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are for <b>**Swim Variety</b>	Member Lap Swim 5:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are for <b>**Swim Variety</b>	Member Lap Swim 6:00am – 11:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 7:00am – 10:00am  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>
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		
<b>Water Volleyball</b> 11:30am – 1pm (3 Lanes, 4, 5, 6)  Member Lap Swimming stroke & variety Lanes 1, 2, 3	Member Lap Swim 11:00am – 4:00pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.	<b>Water Volleyball</b> 11:30am – 1pm (3 Lanes, 4, 5, 6)  Member Lap Swimming stroke & variety Lanes 1, 2, 3	Member Lap Swim 11:00am – 4:00pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.	<b>Water Volleyball</b> 11:30am – 1pm (3 Lanes, 4, 5, 6)  Member Lap Swimming stroke & variety Lanes 1, 2, 3	<b>NEDSRA Swim School</b> 11:00am – 12:00pm	<b>NEDSRA Swim School</b> 10:00am – 1:00pm
Member Lap Swim 1:00pm – 4:00pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 1:00pm – 4:00pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 1:00pm – 9:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.	Member Lap Swim 12:00pm – 4:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 1:00pm – 4:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>
<b>Swim Lessons</b> 4:30pm – 7:00pm				Lanes 1-4 are <b>**Swim Variety</b>	<b>Club Fitness Hours</b> <b>Monday-Friday:</b> 5:00am-10:00pm  <b>Saturday:</b> 6:00am-5:00pm  <b>Sunday:</b> 7:00am-5:00pm	
Aqua Zumba 7:10pm-7:50pm	Lanes 5 & 6 <b>Swim Clinic</b> 7:00pm-8:00pm	Aqua Zumba 7:10pm-7:50pm	Lanes 5 & 6 <b>Swim Clinic</b> 7:00pm-8:00pm			
Member Lap Swim 8:00pm – 9:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 8:00pm – 9:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 8:00pm – 9:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>	Member Lap Swim 8:00pm – 9:50pm  Lanes 5 & 6 are * <b>Swim stroke</b> only.  Lanes 1-4 are <b>**Swim Variety</b>			

**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.**

**Water Volleyball: M/W/F, 11:30 am – 1:00 pm, Lanes 4, 5, 6.  
Lanes 1, 2, 3 will be open for both \*Swim Stroke and \*\*Swim Variety**