



# Fall Lap Swim & Aqua Fit Aquatics Center Schedule

## Shallow Pool (Instructional Pool)

Effective September 11<sup>th</sup>, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim:  Instructional Pool 7am-12pm (6 lanes)	Lap Swim:  Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim:  Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim:  Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim:  Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	Lap Swim:  Instructional Pool 5am-8am (6 lanes) 9am-12pm (6 lanes)	
	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)  Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)  Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)  Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)  Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)  Shallow Tone: 12pm-1pm (Inst. Pool)	Aqua Fitness:  Shallow Tone: 8am-9am (Inst. Pool)
		Shallow Tone: 7pm-8pm (Inst. Pool)		Shallow Tone: 7pm-8pm (Inst. Pool)		

### Swim Lessons:

Please visit our [website](#) for more information on swim lessons.



# Fall Lap Swim & Aqua Fit Aquatics Center Schedule

## Deep Pool (Competition Pool)

Effective September 11<sup>th</sup>, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim:</b>  <b>Comp Pool</b>  7am-12pm (17 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (5 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  5am-11am (17 lanes) 11am-12pm (14 lanes) 12pm-1:30pm (17 lanes)  5pm-8pm (17 lanes)	<b>Lap Swim:</b>  <b>Comp Pool</b>  7am-8:30am (17 lanes) 8:30am-12pm (11 lanes)
	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	<b>Aqua Fitness:</b>  <b>Deep H2O Dynamics:</b> 11am-12pm <b>(Comp Pool)</b>	

### Pool Program Descriptions:

For additional information on our Aqua Fitness programming click [HERE](#).

**NOTE:** Lap swim and Aqua Fitness classes are for participants age 12 and up. Youth under the age of 12 may participate in programs if accompanied by a parent or legal guardian in the water. Schedule subject to change.