

Indoor Family Aquatic Center, 2016

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00							
6:00			Open Swim, No Lifeguard			6:00	Open Swim No Lifeguard
7:00	Walking Space Available 7-8	Walking Space Available 7-8	Walking Space Available 7-8	Walking Space Available 7-8	Walking Space Available 7-8	7:00	Walking 7-8
8:00	Gentle Joints Combo (Fee program) 8:00-8:45	8:15-9:00 Deep Water Utilizes Deep end only	Gentle Joints Combo (Fee program) 8:00-8:45	8:00-8:45 Deep Water Utilizes Deep end only	Gentle Joints Combo (Fee program) 8:00-8:45	8:00	7-8, 8-9 Deep Water Utilizes Deep end only
9:00	Open Swim No Lifeguard	Group Swim Lessons 9:00-11:00		Group Swim Lessons 9:00-11:00	Group Swim Lessons 9:00-11:00	9:00	GroupSwim Lessons 8:25-11:15
10:00	10:15-11:00 DeepWater Utilizes Deep end only		Swim Lesson			10:00	
11:00	Swim Lesson Summer Swim Lesson 11-12					11:00	
12:00		Open Swim No Lifeguard	HomeSchool/ Preschool Fall/Winter Swim Lessons 12:55-2:35	Open Swim No Lifeguard	Swim Lesson	12:00	Fall/Winter/Spring Guards outside in Summer
1:00	HomeSchool/ Preschool Fall/Winter Swim Lessons 12:55-2:35			Sign Up Required for Evening Deep Water Classes. Starts 11am day of class		1:00	Open Swim With Lifeguard & Slide 11:30-7:00
2:00						2:00	
3:00			Open Swim No Lifeguard			3:00	
4:00	Open Swim With Lifeguard & Slide 4:30-7:00	GroupSwim Lessons 4:20-5:30 FAC Closed	Open Swim With Lifeguard & Slide 4:30-7:00	GroupSwim Lessons 4:20-5:30 FAC Closed	GroupSwim Lessons 4:20-6:35	4:00	
5:00						5:00	
6:00	Fall/Winter/Spring		Fall/Winter/Spring		Fall/Winter/Spring	6:00	Fall/Winter/Spring
7:00	7:00--7:45 DeepWater Utilizes Deep end only	7:00-8:00 10/4-11/8 Aqua bootcamp (for fee) Utilizes Deep end only	7:00--7:45 DeepWater Utilizes Deep end only	7:00--7:45 DeepWater Utilizes Deep end only		7:00	Open Swim No Lifeguard
8:00						8:00	
9:00		Open Swim	No Lifeguard				
10:00							

Class Descriptions:

Deep Water This is a totally suspended workout in the deep water end of the Indoor FAC. Classes use a variety of equipment including Cuffs, Belts, Buoys and Noodles

Open Swim, No Lifeguard All children under 14 must be under direct adult supervision.

Open Swim With Lifeguard and Slide Must be 50" high or pass the swim test to use the Slide. All Children under 14 must be under direct adult supervision.

Group Swim Lessons Private and Group Swim Lessons, parts or all of the pool may be closed.

Gentle Joints Combo (Fee Pro) Great Workout!! Easy on the joints. Utilizes both shallow and deep water.

Walking Space We make every effort to provide a safe area for our Aquatic Walkers! Zero entry access to the FAC will be available close to the wall during the times indicated. You can also utilize the slide "well" when slide is off.

Aqua Boot Camp - 8 Weeks (Fee Prgm) Improve your cardio conditioning w/no impact on joints!