

Indoor Family Aquatic Center, Fall 2015 (Effective Sept 8, 2015)

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 Lane 7-8	Walking Lane 7-8	Walking Lane 7-8	Walking Lane 7-8	Walking Lane 7-8	7:00	Walking Lane 7-8
8:00	Gentle Joints Combo (Fee program) 8:00-8:45	8:15 Deep Water Utilizes Deep end only	Gentle Joints Combo (Fee program) 8:00-8:45	8:00 Deep Water Utilizes Deep end only	Gentle Joints Combo (Fee program) 8:00-8:45	8:00	7:30-8:30 Deep Water Utilizes Deep end only
9:00	Open Swim No Lifeguard	Group Swim Lessons 9:20-11:00				9:00	GroupSwim Lessons 8:25-11:15
10:00	Walking Lane 9-10 10:15 DeepWater Utilizes Deep end only		Walking Lane 9-10	Group Swim Lessons 9:20-11:00	Group Swim Lessons 9:20-11:30	10:00	GroupSwim Lessons 8:25-11:15
11:00			Open Swim No Lifeguard			11:00	
12:00		Open Swim No Lifeguard		Open Swim No Lifeguard		12:00	
1:00	HomeSchool/ Preschool Swim Lessons 12:55-2:35		HomeSchool/ Preschool Swim Lessons 12:55-2:35		Walking Lane 1-2	1:00	
2:00						2:00	
3:00			Open Swim No Lifeguard			3:00	Open Swim With Lifeguard & Slide 11:30-7:00
4:00						4:00	
5:00	Open Swim With Lifeguard & Slide 4:30-7:00	GroupSwim Lessons 4:20-6:00 FAC Closed	Group Swim Lessons 5:00-6:00	GroupSwim Lessons 4:20-6:00 FAC Closed	GroupSwim Lessons 4:20-6:35	5:00	
6:00		Open Swim With Lifeguard & Slide				6:00	
7:00	7:00 DeepWater Utilizes Deep end only	4:30-7:00 Open Swim No Lifeguard	7:00 DeepWater Utilizes Deep end only	7:00 DeepWater Utilizes Deep end only		7:00	Open Swim No Lifeguard
8:00						8:00	
9:00							
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 Program) Great Workout!! Easy on the joints. Utilizes both shallow and deep water.

Walking Lane We make every effort to provide a safe area for our Aquatic Walkers! Zero entry access to the FAC Walking Lane will be available and a lane line in place close to the wall during the times indicated. Occasionally the lane will be open longer.