

**EAST POOL**
**In Effect Nov 17–Jan 3 REVISED**

| MONDAY                                                         | TUESDAY                                                                            | WEDNESDAY                                                      | THURSDAY                                                                                                                                                                                      | FRIDAY                                                                                                        | SATURDAY                              |
|----------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------|
| 5:00–7:00am<br>Water Fitness                                   | 5:00–7:00am<br>Water Fitness                                                       | 5:00–7:00am<br>Water Fitness                                   | 5:00–7:00am<br>Water Fitness                                                                                                                                                                  | 5:00–7:00am<br>Water Fitness                                                                                  |                                       |
| 7:00–7:45am<br>Aqua Fit Shallow*                               |                                                                                    | 7:00–7:45am<br>Aqua Fit Shallow*                               |                                                                                                                                                                                               | 7:00–7:45am<br>Aqua Fit Shallow*                                                                              | 7:30–8:30am<br>Water Fitness          |
| 8:00–8:45am<br>Aqua Fit Deep                                   | 9:00–9:50am<br>ZW Adaptive PE<br>(Klyn)<br><i>Dec 16</i>                           | 8:00–8:45am<br>Aqua Fit Deep                                   |                                                                                                                                                                                               | 8:00–8:45am<br>Aqua Fit Deep                                                                                  | 8:30–11:00am<br>Group<br>Swim Lessons |
|                                                                | 9:45–10:15am   Unified PE   Ross   Dec 16–18                                       |                                                                |                                                                                                                                                                                               |                                                                                                               |                                       |
| 9:00–11:00am<br>Homeschool<br>Swim Program                     |                                                                                    |                                                                | 9:15–10:30am<br>Group<br>Swim Lessons                                                                                                                                                         | 9:30–10:45am<br>Paddle + Play<br>Open Swim<br><i>NOV 21–APR 24<br/>SKIP DATES: NOV 28,<br/>DEC 26 + JAN 2</i> |                                       |
| 11:00–12:00pm<br>Aqua Fit Shallow*                             | 11:00–12:00pm<br>Firm H2O Gold*                                                    | 11:00–12:00pm<br>Aqua Fit Shallow*                             | 11:00–12:00pm<br>Firm H2O Gold*                                                                                                                                                               | 11:00–12:00pm<br>Aqua Fit Shallow*                                                                            |                                       |
| 11:00–12:00pm<br>Deep Water<br>Walking                         | 11:00–12:00pm<br>Deep Water<br>Walking                                             | 11:00–12:00pm<br>Deep Water<br>Walking                         | 11:00–12:00pm<br>Deep Water<br>Walking                                                                                                                                                        | 11:00–12:00pm<br>Deep Water<br>Walking                                                                        |                                       |
| 12:00–1:00pm<br>Water Fitness                                  | 12:00–1:00pm<br>Water Fitness                                                      | 12:00–1:00pm<br>Water Fitness                                  | 12:00–1:00pm<br>Water Fitness                                                                                                                                                                 | 12:00–1:00pm<br>Water Fitness                                                                                 |                                       |
| 1:30–3:30pm<br>Family<br>Open Swim<br><i>DEC 22 + 29</i>       |                                                                                    | 1:30–3:30pm<br>Family<br>Open Swim<br><i>NOV 26</i>            |                                                                                                                                                                                               | 1:30–3:30pm<br>Family<br>Open Swim<br><i>DEC 12, 26 + JAN 2</i>                                               | 1:30–3:30pm<br>Family<br>Open Swim    |
| 3:00–4:30pm<br>MS Dive<br>Practice<br><i>Meet Date: Nov 24</i> | 3:00–4:30pm<br>MS Dive<br>Practice<br><i>Meet Dates: Nov 18,<br/>Dec 2, 9 + 16</i> | 3:00–4:30pm<br>MS Dive<br>Practice<br><i>Meet Date: Dec 17</i> | 3:00–4:30pm<br>MS Dive<br>Practice                                                                                                                                                            | 3:00–4:30pm<br>MS Dive<br>Practice                                                                            |                                       |
| 4:30–6:30pm<br>Group<br>Swim Lessons                           |                                                                                    | 4:30–7:00pm<br>Group<br>Swim Lessons                           |                                                                                                                                                                                               |                                                                                                               |                                       |
|                                                                | 5:00–6:30pm<br>Water Fitness<br><i>Canceled Nov 18<br/>Splashball Water Polo</i>   |                                                                | 5:00–6:30pm<br>Water Fitness<br><i>Canceled Nov 20<br/>Splashball Water Polo</i>                                                                                                              | 5:00–6:00pm<br>Water Fitness                                                                                  |                                       |
| 6:30–7:30pm<br>Private<br>Swim Lessons                         | 6:30–8:00pm<br>Family Open<br>Swim                                                 | 6:30–7:30pm<br>Private<br>Swim Lessons                         | 6:30–8:00pm<br>Family Open<br>Swim                                                                                                                                                            | 6:00–7:30pm<br>Family Open<br>Swim                                                                            |                                       |
| 7:30–8:30pm<br>Firm H2O                                        |                                                                                    | 7:30–8:30pm<br>Firm H2O                                        | Programs highlighted in yellow are instructor-led fitness classes.<br>Programs marked with an asterisk (*) are classes included in our<br>Senior Membership, but not exclusively for seniors. |                                                                                                               |                                       |

## WEST POOL

In Effect Nov 17–Jan 3 **REVISED**

| MONDAY                                                                                             | TUESDAY                                                                                                                  | WEDNESDAY                                                               | THURSDAY                        | FRIDAY                          | SATURDAY                                                                                                              |
|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 5:00–7:15am<br>Lap Swim                                                                            | 5:00–7:15am<br>Lap Swim                                                                                                  | 5:00–7:15am<br>Lap Swim                                                 | 5:00–7:15am<br>Lap Swim         | 5:00–7:15am<br>Lap Swim         | 8:00–10:15am<br>Lap Swim                                                                                              |
| Early morning time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15                             |                                                                                                                          |                                                                         |                                 |                                 | Time slots:<br>8:00–8:45 / 8:45–9:30<br>9:30–10:15                                                                    |
| Nov 10–14 + Nov 17–21   Kowal   8:35–10:35am                                                       |                                                                                                                          |                                                                         |                                 |                                 | 10:30–12:00pm<br>Special Olympics<br>Swim Practice<br><br>Dec 6, 13, 20<br>Jan 3, 10, 17, 24, 31<br>Feb 7, 14, 21, 28 |
| Dec 1–5   Westhouse   8:35–10:30am                                                                 |                                                                                                                          |                                                                         |                                 |                                 |                                                                                                                       |
| Dec 8–11 + Dec 15–19   Ross   7:35–9:30am                                                          |                                                                                                                          |                                                                         |                                 |                                 |                                                                                                                       |
| 11:00–1:15pm<br>Lap Swim                                                                           | 11:00–1:15pm<br>Lap Swim                                                                                                 | 11:00–1:15pm<br>Lap Swim                                                | 11:00–1:15pm<br>Lap Swim        | 11:00–1:15pm<br>Lap Swim        |                                                                                                                       |
| Midday time slots on Mon–Fri: 11:00–11:45 / 11:45–12:30 / 12:30–1:15                               |                                                                                                                          |                                                                         |                                 |                                 |                                                                                                                       |
| Dec 8–11 + Dec 15–19   Ross   1:35–2:30pm                                                          |                                                                                                                          |                                                                         |                                 |                                 |                                                                                                                       |
| 3:00–4:30pm<br>MS Swim Practice<br><br>Meet Date: Nov 24<br><br>Varsity Practice<br>3–5pm   Nov 24 | 3:00–4:30pm<br>MS Swim Practice<br><br>Meet Dates: Nov 18,<br>Dec 2, 9 + 16<br><br>Varsity Practice<br>3–5pm   Dec 2 + 9 | 3:00–4:30pm<br>MS Swim Practice<br><br>Meet Date: Dec 17                | 3:00–4:30pm<br>MS Swim Practice | 3:00–4:30pm<br>MS Swim Practice | 1:30–3:30pm<br>Lap Swim<br><br>Time slots:<br>1:30–2:15 / 2:15–3:00                                                   |
| 5:00–7:15pm<br>Lap Swim<br><br>Canceled Nov 17<br>Splashball Water Polo                            | 5:00–7:15pm<br>Lap Swim                                                                                                  | 5:00–7:15pm<br>Lap Swim<br><br>Canceled Nov 19<br>Splashball Water Polo | 5:00–7:15pm<br>Lap Swim         | 5:00–7:15pm<br>Lap Swim         |                                                                                                                       |
| Evening time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15                                   |                                                                                                                          |                                                                         |                                 |                                 |                                                                                                                       |

Online registration for fitness classes and lap swim opens 24 hours in advance.  
Patrons are encouraged to pre-register to secure a spot. Drop-ins are welcome, space permitting.

## CLASS AND PROGRAM DESCRIPTIONS

**Aqua Fit Deep:** A medium intensity deep water workout that combines cardio, core, and strength training.

**Aqua Fit Shallow:** A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.

**Deep Water Walking:** A self-led aquatics program that allows you time in the pool to build your own routine and exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

**Family Open Swim:** Fun for all ages! The diving board, youth water slide, basketball hoops, and other pool toys and floats are available, along with life jackets, puddle jumpers and infant floats for non-swimmers.

**Firm H2O:** A mix of shallow and deep water high intensity interval, strength, and endurance training.

**Firm H2O Gold:** A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.

**Lap Swim:** A cardio and strength workout that doesn't put strain on bones or joints and burns tons calories!

**Water Fitness:** A self-led aquatic workout that allows you to design your perfect routine. Water fitness offers a fantastic cardio and muscle workout. Both the shallow and deep ends of the pool are available at this time.