

# October Pool Schedule 2019



<b>MONDAY</b> 5:30 AM – 8:45 PM	<b>TUESDAY</b> 5:30 AM – 8:45 PM	<b>WEDNESDAY</b> 5:30 AM – 8:45 PM	<b>THURSDAY</b> 5:30 AM – 8:45 PM	<b>FRIDAY</b> 5:30 AM – 7:45 PM	<b>SATURDAY</b> 8:00 AM – 3:45 PM	<b>SUNDAY</b> 1:00 PM – 5:45 PM
5:35-6:30 AM Sunrise Aqua		5:35-6:30 AM Sunrise Aqua		5:35-6:30 AM Sunrise Aqua		
8:30-9:30 AM Shallow Cardio	8:30-9:30 AM Shallow Tone	8:30-9:30 AM Shallow Cardio	8:30-9:30 AM Shallow Tone	8:30-9:30 AM Shallow Cardio	9:00-12:00 PM Swim Lessons	
9:30-10:30 AM Deep Cardio	9:30-10:30 AM Deep Tone	9:30-10:30 AM Deep Cardio	9:30-10:30 AM YoPiChi	9:30-10:30 AM Deep Cardio	9:15-10:15 AM Morning Mix	
10:30-11:30 AM Aqua Arthritis	10:30-11:30 AM Aqua Arthritis	10:30-11:30 AM Aqua Arthritis	10:30-11:30 AM Aqua Arthritis	10:30-11:30 AM Aqua Arthritis	12:30-1:30 PM Pool Party Time	2:00-3:00 PM Pool Party Time
11:30 AM – Noon Orientation		11:30 AM – Noon Water Walking		11:30 AM – Noon Water Walking		
5:15-7 PM* Swim Lessons	5:15-6:30 PM* Swim Lessons	5:15-7:00 PM* Swim Lessons	5:15-6:30 PM* Swim Lessons			
5:30-6:30 PM Evening Aqua	6:30-8:30 PM* Special Olympics	5:30-6:30 PM Evening Aqua	6:30-7:30 PM* Special Olympics	3:30-5:00 PM Group Swim Lessons		
7:00-8:00 PM* Adult Fitness		7:00-8:00 PM* Adult Fitness				

**Pool will close at 5:15 PM on October 18 for an event.**

**\*Lap lanes and recreation area may be limited during program time. Please share lap lanes.**

**Thank you for your patience.**