

EAST POOL
In Effect Oct 6–Jan 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	5:00–7:00am Water Fitness	
7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*		7:00–7:45am Aqua Fit Shallow*	8:00–9:30am Water Fitness <i>7:30–8:30am New Time! Begins Nov 8</i>
8:00–8:45am Aqua Fit Deep	9:00–9:50am ZW Adaptive PE (Klyn) <i>OCT 14, NOV 11 + DEC 16</i>	8:00–8:45am Aqua Fit Deep		8:00–8:45am Aqua Fit Deep	10:30–11:00am Group Swim Lessons <i>8:30–11:00am New Time! Begins Nov 8</i>
	9:45–10:15am Unified PE Ross Oct 7–9 + Dec 16–18				
9:00–11:00am Homeschool Swim Program			9:15–10:30am Group Swim Lessons	9:30–10:45am Paddle + Play Open Swim <i>OCT 3–APR 24 SKIP DATES: NOV 28, DEC 26 + JAN 2</i>	
11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	11:00–12:00pm Firm H2O Gold*	11:00–12:00pm Aqua Fit Shallow*	
11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	11:00–12:00pm Deep Water Walking	
12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	12:00–1:00pm Water Fitness	
<i>Nov 10–14: Water fitness and deep water walking programs end at 12:30pm due to MS PE</i>					
1:30–3:30pm Family Open Swim <i>DEC 22 + 29</i>		1:30–3:30pm Family Open Swim <i>NOV 26</i>	1:30–3:30pm Family Open Swim <i>OCT 30 + NOV 6</i>	1:30–3:30pm Family Open Swim <i>OCT 31, NOV 7, 28, DEC 12, 26 + JAN 2</i>	1:30–3:30pm Family Open Swim
4:30–6:30pm Group Swim Lessons		4:30–7:00pm Group Swim Lessons			
	5:00–6:30pm Water Fitness		5:00–6:30pm Water Fitness	5:00–6:00pm Water Fitness <i>Canceled Nov 14 Cityside Hype Night</i>	
6:30–7:30pm Private Swim Lessons	6:30–8:00pm Family Open Swim	7:00–7:30pm Private Swim Lessons	6:30–8:00pm Family Open Swim	6:00–7:30pm Family Open Swim <i>Canceled Nov 14 Cityside Hype Night</i>	
7:30–8:30pm Firm H2O		7:30–8:30pm Firm H2O	Programs highlighted in yellow are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.		

WEST POOL

In Effect Oct 6–Jan 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00–7:15am Lap Swim		5:00–7:15am Lap Swim		5:00–7:15am Lap Swim		5:00–7:15am Lap Swim		5:00–7:15am Lap Swim		8:00–10:15am Lap Swim	
Early morning time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15										Time slots: 8:00–8:45 / 8:45–9:30 9:30–10:15	
Nov 10–14 + Nov 17–21 Kowal 8:35–10:35am										10:30–12:00pm Varsity Swim Practice Oct 18, Nov 8 + 15	
Dec 1–5 Westhouse 8:35–10:30am											
Dec 8–11 + Dec 15–19 Ross 7:35–9:30am											
11:00–1:15pm Lap Swim		11:00–1:15pm Lap Swim		11:00–1:15pm Lap Swim		11:00–1:15pm Lap Swim		11:00–1:15pm Lap Swim		1:30–3:00PM Lap Swim	
Midday time slots on Mon–Fri: 11:00–11:45 / 11:45–12:30 / 12:30–1:15 Oct 6–24: Lap swim ends at 12:30pm due to MS PE										Time slots: 1:30–2:15 / 2:15–3:00	
Oct 6–Oct 24 Draeger 12:35–2:30pm											
Dec 8–11 + Dec 15–19 Ross 1:35–2:30pm											
3:00–5:00pm WMS Practice SEPT 2–OCT 17 MS Swim + Dive Begins Oct 20		3:00–5:00pm WMS Practice		3:00–5:00pm WMS Practice		3:00–5:00pm WMS Practice		3:00–5:00pm WMS Practice			
5:00–7:15pm Lap Swim		5:00–7:15pm Lap Swim PAUSED OCT 14–NOV 11 RESUMES NOV 18		5:00–7:15pm Lap Swim		5:00–7:15pm Lap Swim PAUSED OCT 16–NOV 13 RESUMES NOV 20		5:00–7:15pm Lap Swim Canceled Nov 14 Cityside Hype Night			
Evening time slots on Mon–Fri: 5:00–5:45 / 5:45–6:30 / 6:30–7:15											
		5:00–7:45pm ZAGS Preseason OCT 14–NOV 11				5:00–7:45pm ZAGS Preseason OCT 16–NOV 13					

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.