

May pool schedule

● warm water pool ● fitness pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00-7:00 FHS/Ambleside Lanes 1,2,3		6:00-7:00 FHS/Ambleside Lanes 1,2,3	
8:30 - 9:30am Core, Balance, Barre Lanes 1,2,3	8:30 - 9:30am H2O Workout Lanes 1,2,3	8:30 - 9:30am H2O Workout Lanes 1,2,3	8:30 - 9:30am H2O Workout Lanes 1,2,3	8:30 - 9:30am H2O Workout Lanes 1,2,3
	9:30 - 10:30am Arthritis Therapy		9:30 - 10:30am Arthritis Therapy	
	11:00 - 12:00pm Master Swim Lanes 2,3,4		11:00 - 12:00pm Master Swim Lanes 2,3,4	
12:00 - 1:00pm NO MUSIC				
	12:00 - 2:00pm physical therapy ONLY WW pool closed		12:00 - 2:00pm physical therapy ONLY WW pool closed	
		4:00 - 5:00pm Beginner Swim WW pool closed		
4:00 - 5:30pm HOT swim team	4:00 - 5:30pm HOT swim team	4:00 - 5:30pm HOT swim team	4:00 - 5:30pm HOT swim team	4:00 - 5:30pm HOT swim team
(fitness pool closed 4:00 - 5:30pm)				
	5:30 - 6:00pm Parent/Tot(pool closed)		5:30 - 6:00pm Parent/Tot(pool closed)	
5:45 - 6:30 AquaBata Lanes 1, 2		5:45 - 6:30 AquaBata Lanes 1, 2	5:45 - 6:30 Hydro X Bootcamp Lanes 1, 2	
***Special programs, personal training or swim lessons may occur at any time. Schedule subject to change.				