



AQUATIC CENTER SCHEDULE

January 6 - May 4, 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 7:00am-7:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 5:30am-9:30pm	Lap Swim 6:00am-7:30pm
	Swim Lessons 7:30am-1:30pm	Aqua Tone 8:30-9:20am		River Walk 7:30-8:30am	River Walk 7:30-8:30am	
Open Swim 1:30-4:30pm		Intermediate River Blast 9:30-10:20am	Advanced River Blast & Sculpt 8:30-9:20am	Intense Aqua 8:30-9:20am	Advanced River Blast & Sculpt 8:30-9:20am	Aqua Deep 8:30-9:20am
	Swim Lessons 4:00-7:30pm	Gentle Aqua 10:30-11:20am	Aqua HITT 9:30-9:50am	Intermediate River Blast 9:30-10:20am	Intense Aqua 9:30-10:20am	Swim Lessons 9:00-10:30am
		Swim Lessons 4:00-8:00pm	Aqua Yoga 9:55-10:20am	Gentle Aqua 10:30-11:20am	Parent Tot Swim 10:00am-12:00pm	Intermediate River Blast 9:30-10:20am
		River Walk 6:00-7:00pm	Parent Tot Swim 10:00am-12:00pm		Arthritis Aqua 10:30-11:20am	Gentle Aqua 10:30-11:20am
			Arthritis Aqua 10:30-11:20am	Swim Lessons 4:00-8:00pm	Swim Lessons 4:00-7:15pm	Swim Lessons 4:00-8:10pm
		Open Swim 6:30-8:00pm	Swim Lessons 4:00-7:15pm	River Walk 6:00-7:00pm	Open Swim 6:30-8:00pm	Open Swim 6:30-8:30pm

ACTIVITY DESCRIPTIONS

LAP SWIM: At least one lane will be open. Lap lanes can accommodate several swimmers and lane sharing is expected; please circle swim counterclockwise and swim continuous laps and do not stop or stand in the lanes. Lifejackets and fitness equipment are not permitted in the lap lanes; fins and hand paddles are permitted when there are no more than 2 people in a lane. Guests wishing to swim laps come during lap swim and modified lap swim times. During Lap Swim guests under 12 years old must pass a swim test and are expected to swim continuous laps.

OPEN SWIM: All pools (Water Slide, Lazy River, and Leisure Pool) used for free swim activities. Certain circumstances (slow times or staff shortages) the aquatic staff will alternate opening the Slide and Lazy River.

RIVER WALK: The lazy river is open for river walking only. No equipment or instructor is used. Walking will be in one direction only, as directed by the lifeguard on duty. For safety, every 15 minutes lifeguards will direct participants to change direction. We strongly encourage guests to wear aqua shoes or white socks.

PARENT TOT SWIM: Modified sessions are the best times for parents with small children, seniors and lap swimmers to enjoy our lap and leisure pools. The lap and leisure pools are usually open, although classes may be conducted there. The water slide and lazy river will not be open and the features will not be on during any swim or fitness classes.

SWIM LESSONS: During this time the lap pool and leisure pool are open for lap swimming and swim lessons only. The hot tub and dry sauna and steam room will be available for use as well.

Fitness Class Level Color Key

- BEGINNER
- BEGINNER to INTERMEDIATE
- INTERMEDIATE
- INTERMEDIATE to ADVANCED
- ADVANCED
- ALL-LEVELS