



Winter 2024 Pool Schedule | January 1 – May 6, 2024

Time	Mon	Tues	Wed	Thurs	Fri	Sat
8:30-9:00	Water Works (8:30-9:30)		Water Works (8:30-9:30)		Water Works (8:30-9:30)	
9:00-9:30						
9:30-10:00	Splash (9:30-10:30)		Splash (9:30-10:30)		Splash (9:30-10:30)	
10:00-10:30						
10:30-11:00	Joint Venture (10:30-11:30)		Joint Venture (10:30-11:30)			
11:00-11:30		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)
11:30-12:00	Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)	
12:00-12:30		Joint Venture (12:00-1:00)		Joint Venture (12:00-1:00)		Open Swim (12:00 – 1:00)
12:30-1:00						
3:00-3:30						Pool Parties (1:00-4:00)
5:00-5:30		Splash (5:00-6:00)		Splash (5:00-6:00)		
5:30-6:00					Open Swim (4:00 – 7:00)	
6:00-6:30		Joint Venture (6:00-7:00)		Joint Venture (6:00-7:00)		
6:30-7:00						
7:00-8:00			Open Swim (7:00-8:00)	Open Swim (7:00-8:00)		

Adult Water Exercise Class Descriptions

Water Works: This class includes a light aerobic workout and muscle toning exercises.

Splash: A high-energy aerobic workout and exercises to tone the body.

Joint Venture: This class includes exercises for muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation guidelines..