



Spring 2024 Pool Schedule | May 6 – June 28

The last day of Saturday programming will be June 22. The new water exercise schedule will begin July 1.

Time	Mon	Tues	Wed	Thurs	Fri	Sat
8:30-9:00 am	Water Works (8:30-9:30)		Water Works (8:30-9:30)		Water Works (8:30-9:30)	
9:00-9:30 am						
9:30-10:00	Splash (9:30-10:30)		Splash (9:30-10:30)		Splash (9:30-10:30)	
10:00-10:30 am						
10:30-11:00 am	Joint Venture (10:30-11:30)		Joint Venture (10:30-11:30)			
11:00-11:30 am		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00) <i>Cancelled 6/28</i>
11:30-12:00 pm	Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)	
12:00-1:00 pm						Open Swim (12:00 – 1:00) <i>Cancelled 6/28</i>
1:00-4:00 pm						Pool Parties (1:00-4:00) <i>Last day available for parties is 6/22</i>
4:00- 5:00 pm					Open Swim (4:00 – 7:00)	
5:00-5:30 pm		Splash (5:00-6:00) <i>Last class 6/4</i>		Splash (5:00-6:00) <i>Last class 5/30</i>		
5:30-6:00 pm						
6:00-6:30 pm		Joint Venture (6:00-7:00)		Joint Venture (6:00-7:00)		
6:30-7:00 pm						
7:00-8:00 pm			Open Swim (7:00-8:00)	Open Swim (7:00-8:00)		

Adult Water Exercise Class Descriptions

Water Works: A light 30-minute aerobic workout followed by muscle toning exercises in both the shallow and deep end.

Splash: A high-energy aerobic workout for over 30 minutes. Includes samples of HIIT (high intensity interval training) and Tabata. Toning exercises are done in the shallow and deep end.

Joint Venture: Develop muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation Guidelines.