

Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	GHS practice until 6:15am LAP SWIM	GHS practice until 6:15am LAP SWIM	GHS practice until 6:15am LAP SWIM	GHS practice until 6:15am LAP SWIM	GHS practice until 6:15am LAP SWIM	Opens at 7:00 am	
7:00						Mobjack Marlins Swim Team 7:00- 8:15	OPEN/ LAP SWIM
8:00	AQUA Fitness 8:15- 9:15	Ai Chi 8:15- 9:00	AQUA Fitness 8:15- 9:15	AQUA Fitness 8:15- 9:15	AQUA Fitness 8:15- 9:15	Swim Lesson 8:30 - 12	
9:00	AQUA Fitness 9:15 - 10:15	AQUA Fitness 9:15 - 10:15	AQUA Fitness 9:15 - 10:15	AQUA Fitness 9:15 - 10:15	AQUA Fitness 9:15- 10:15		
10:00	OPEN SWIM 10:15- 10:45	Home School Swim Lessons 10:30 - 12:20	OPEN SWIM 10:15- 10:45	OPEN SWIM 10:15- 10:45	OPEN SWIM 10:15- 10:45		
11:00	AQUA Arthritis 10:45 - 11:45		AQUA Arthritis 10:45 - 11:45		AQUA Arthritis 10:45 - 11:45		
12:00	LAPSWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN/ LAP SWIM		
1:00							
2:00	Ware Academy Swim Lessons 2:00- 2:45	LAP SWIM	LAP SWIM	LAP SWIM	OPEN/ LAP SWIM		
3:00	LAP SWIM						
4:00	Swim Lessons 4:00- 5:55					Aqua Fitness 4:30- 5:30	
5:00							
6:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN/ LAP SWIM	Aqua Zumba Alternating Basis: Nov. 13 Nov. 27 Dec. 11	
7:00	Aqua Fitness 7:00- 8:00	Mobjack Marlins Swim Team 7:00- 8:30	Aqua Fitness 7:00- 8:00	Mobjack Marlins Swim Team 7:00- 8:30		POOL CLOSING AT 8:45 PM	Adult Swim Lesson 6:00 - 6:50
8:00	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM	OPEN/ LAP SWIM			
9:00							
10:00							

Because of program sizes, some hours have limited lap lanes available (1 or 2 lanes). If the program turnout is larger or smaller than expected, lane space will be adjusted accordingly if available. There are at least 2 lanes available where there are no lane restrictions for programs.

AQUA FITNESS: This class includes a 20 minute cardiovascular conditioning segment along with muscular strengthening exercises. This class is at the beginning to intermediate level.

AQUA ARTHRITIS: A series of strengthening and range of motion exercises. All course material and pool facilities have been approved by the National Arthritis Foundation.

AI CHI: Water exercise and relaxation program using a combination of deep breathing and slow movements.

AQUA ZUMBA: A fusion of Latin and International music with a series of easy to follow dance routines in the pool.