

POOL SCHEDULE | FEBRUARY

MONDAY

TIME	CLASS
5:00-8:00 _{am}	Open Swim
8:00-9:00 _{am}	Water Training Intervals with Tracy
9:00-12:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
12:15-1:15 _{pm}	Armed & Dangerous with Irene
1:15-4:00 _{pm}	Open Swim
4:00-7:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
7:00-11:30 _{pm}	Open Swim

TUESDAY

TIME	CLASS
5:00-9:00 _{am}	Open Swim
9:00-10:00 _{am}	Water Boot Camp with Katherine
9:30-12:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
12:15-1:15 _{pm}	"Jump In" (rotating instructors)
1:30-4:00 _{pm}	Open Swim
4:00-7:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
5:30-6:30 _{pm}	Thunder & Lightning with Melissa
6:30-7:30 _{pm}	MASTERS SWIM with Jenny
7:30-11:30 _{pm}	Open Swim

WEDNESDAY

TIME	CLASS
5:00-6:00 _{am}	Open Swim
6:00-7:00 _{am}	MASTERS SWIM with Jared
7:00-8:00 _{am}	Open Swim
8:00-9:00 _{am}	Water Training Intervals with Tracy
9:00-12:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
12:15-1:15 _{pm}	Armed & Dangerous with Irene
1:30-4:00 _{pm}	Open Swim
4:00-7:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
7:00-11:30 _{pm}	Open Swim

THURSDAY

TIME	CLASS
5:00-9:00 _{am}	Open Swim
9:00-10:00 _{am}	Water Boot Camp with Katherine
9:30-12:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
12:15-1:15 _{pm}	"Jump In" (rotating instructors)
1:30-4:00 _{pm}	Open Swim
4:00-7:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
5:30-6:30 _{pm}	Thunder & Lightning with Melissa
6:30-11:30 _{pm}	Open Swim

FRIDAY

TIME	CLASS
5:00-6:00 _{am}	Open Swim
6:00-7:00 _{am}	MASTERS SWIM with Jared
7:00-8:00 _{am}	Open Swim
8:00-9:00 _{am}	Water Training Intervals with Tracy
9:00-12:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
12:15-1:15 _{pm}	Armed & Dangerous with Irene
1:30-4:00 _{pm}	Open Swim
4:00-7:00 _{pm}	<i>Eager Beaver Swim Lessons</i>
7:00-11:30 _{pm}	Open Swim

SATURDAY

TIME	CLASS
6:00-9:30 _{am}	Open Swim
9:00-10:00 _{am}	Cross Training with Sue
9:30-1:30 _{pm}	<i>Eager Beaver Swim Lessons</i>
1:30-9:30 _{pm}	Open Swim

SUNDAY

TIME	CLASS
6:00 _{am} -9:30 _{pm}	Open Swim

Please note: Open Swim is also available at the south end of the pool during Eager Beaver Swim Lessons except M/W/F 9am-10am or if there is a water fitness class during that time.

* There are always lap lanes available for lap swimming

CROSS TRAINING

Give your joints a break! Come train in the water for a great cardio but low impact workout.

JUMP IN

Jump In is a complete workout focused on all the muscle groups but without the impact of land based exercise. This class will increase aerobic and muscular endurance and improve flexibility while minimizing stress on the body. Whether you want to lose weight, recover from an injury, or just have fun, this workout is for you!

THUNDER & LIGHTNING

Use the power of kickboxing, interval training, and high low cardio for an amazing water workout that will increase muscle strength, endurance and balance. Join the fun and challenging workout, appropriate for any fitness level.

WATER TRAINING WITH INTERVALS

An invigorating fun water workout that begins with an active warm up then transitions to energizing intervals with music and water resistant tools. Complete the workout with isolated core training and stretching. This workout accommodates all levels.

ARMED & DANGEROUS

Enjoy this fun and invigorating class that will change the shape of your body. By utilizing a variety of equipment you will tone your upper and lower body for a complete body workout.

WATER BOOT CAMP

Enjoy this fun and energetic workout in the water. Cardio intervals and strength training will help you keep up your endurance without impact on your joints. This class is fun for all ages!

MASTERS SWIM

Bring structure to your swim workout with Masters Swim. This group swim and instructor led class will help you with your stroke technique, improve your overall fitness and take your swim training to another level. Whether you are training for a triathlon or just enjoy group swimming, Masters Swim is for you!