



## AQUATICS & POOL SCHEDULE – SUMMER 2019

Effective July 5, 2019

### MONDAY

Time	Activity
5:00-8:10 a.m.	Adult Open Swim
8:15-9:00 a.m.	Aqua Interval
9:05-9:25 a.m.	Adult Open Swim
9:30-10:20 a.m.	Aquafit
10:25 a.m.-12:20 p.m.	Summer Swim Lessons
12:20-5:55 pm	Adult Open Swim
6:00-6:50 p.m.	Aqua Boot Camp
6:55-10:45 p.m.	Adult Open Swim

### TUESDAY

Time	Activity
5:00 a.m. – 10:25 pm	Adult Open Swim
10:25 a.m.-12:20 p.m.	Summer Swim Lessons
12:20-1:55 pm	Adult Open Swim
2:00-2:55 p.m.	H <sub>2</sub> O in Motion
3:00 – 5:25 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)
5:30-6:20 p.m.	Water Yoga/Yoga Flow
6:30-7:45 p.m.	Youth Swim Lessons
7:45-10:45 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)

### WEDNESDAY

Time	Activity
5:00-8:10 a.m.	Adult Open Swim
8:15-9:00 a.m.	Aqua Interval
9:05-9:25 a.m.	Adult Open Swim
9:30-10:20 a.m.	Aquafit
10:25 a.m.-12:20 p.m.	Summer Swim Lessons
12:20-3:55 p.m.	Adult Open Swim
4:00-5:50 p.m.	Youth Swim Lessons
6:00-6:50 p.m.	Aqua Boot Camp
6:55-10:45 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)

### THURSDAY

Time	Activity
5:00-8:10 a.m.	Adult Open Swim
8:15-9:00 a.m.	Water Yoga
9:05-10:20 a.m.	Adult Open Swim
10:25 a.m. – 12:20 p.m.	Summer Swim Lessons
12:20-1:55 p.m.	Adult Open Swim
2:00-2:55 p.m.	H <sub>2</sub> O in Motion
3:00 -5:15 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)
5:15-7:45 p.m.	Youth Swim Lessons
7:45-10:45 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)

**FRIDAY**

Time	Activity
5:00-8:10 a.m.	Adult Open Swim
8:15-9:00 a.m.	Aquafit
9:05-9:25 a.m.	Adult Open Swim
9:30-10:20 a.m.	Aquafit
10:30 a.m.-12:15 p.m.	Toddler Swim Lessons
12:15-4:00 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)
4:00-6:00 p.m.	Family Swim
6:00-7:00 p.m.	Adult Open Swim
7:00-9:00 p.m.	Family Swim
9:00-9:45 p.m.	Adult Open Swim

**SATURDAY**

Time	Activity
7:00-7:55 a.m.	Adult Open Swim
8:00-8:50 a.m.	Aqua Interval
9:00-9:20 a.m.	Adult Open Swim
9:25 a.m.-12:20 p.m.	Youth Swim Lessons
12:25-4:00 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)
4:00-6:00 p.m.	Family Swim
6:00-6:45 p.m.	Adult Open Swim

**SUNDAY**

Time	Activity
7:00-8:55 a.m.	Adult Open Swim
9:00-9:50 a.m.	Aquafit
9:55-10:20 a.m.	Adult Open Swim
10:25 a.m.-1:15 p.m.	Youth Swim Lessons
1:20-4:00 p.m.	Adult Open Swim* (*Private swim lessons possible during this time)
4:00-6:00 p.m.	Family Swim
6:00-6:45 p.m.	Adult Open Swim

**Adult Open Swim** – Lap swim times are available every day. Adults 18 years and older may swim when there is no other activity in the pool. There is no lap swimming during AquaFit or Arthritis classes. \*Private swim lessons may be held during Adult Open Swim.

**Family Swim** – Friday, Saturday and Sunday evenings the pool is open for family swim. Adults must accompany children. Family Swim only memberships are available. Children are only allowed in the pool during family swim times and when participating in swim lessons. Children MUST use pool area locker rooms. Family Swim guest fees are \$15 for Adult and \$3 for children.

**Swim Lessons** – Infant and Toddler classes are offered as well as Red Cross levels from 1-6. Instructor to student ratio as low as 1:4. Call the pool office at 586-7777 for more information.

**Private Swim Lessons** – Youth swim lessons are available. These lessons are held during Adult Open Swim times. Please contact Lindsey Baron, Pool Director, P: 586-7777, E: pool@penfieldfitness.com

**See Group Fitness schedule for ALL water fitness class descriptions.**

**POOL FEATURES:**

- 20-Yard heated indoor pool, kept at 89 degrees
- Salt Pure® Water
- 3.25 to 4.50 feet depth
- Adult Whirlpool
- Adjoining locker rooms & showers