



DOWTOWN AQUATICS SCHEDULE

**November
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
7:00-10:45AM LAP SWIM	7:00-10:45AM LAP SWIM		7:00-10:45AM LAP SWIM		CLOSED
	7:10-10:40 AM PRIVATE LESSONS	7:00-10:45AM LAP SWIM	7:10-10:40 AM PRIVATE LESSONS	7:00-10:45AM LAP SWIM	
10:00-10:45 AM AQUA FIT CLASS		10:00-10:45 AM AQUA FIT CLASS			
CLOSED 10:45AM—3:30PM					
3:30-7:15PM LAP SWIM	3:30-7:15PM LAP SWIM	3:30-7:15PM LAP SWIM	3:30-7:15PM LAP SWIM	3:30-6:25PM LAP SWIM	
3:35-4:40 PM PRIVATE LESSONS			3:35-4:40 PM PRIVATE LESSONS		
4:45-6:00 PM SWIM LESSONS	3:35-7:10 PM PRIVATE LESSONS	3:35-7:10 PM PRIVATE LESSONS	4:45-6:00 PM SWIM LESSONS	3:45-4:15 PM PRIVATE LESSONS	
6:05-7:10 PM PRIVATE LESSONS			6:05-7:10 PM PRIVATE LESSONS	6:30-7:20PM REC SWIM	

THE POOL WILL BE CLOSED 11/22 - 11/26 FOR FACILITY IMPROVEMENTS

Important member information:

- Pool closes 15 minutes prior to facility closure.
- Reservations are no longer required for lap swim.
- More than two swimmers per lane are allowed at this time, please be mindful if you see others waiting to swim.
- Please adhere to the circle swim rules when there are more than two swimmers per lane.
- Upon resting please maintain social distancing and space out accordingly.

Weight Loss
 Maintain Fitness
 Well Being
 Health Support
 Strength Training