



DOWTOWN AQUATICS SCHEDULE

**January
2022**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lanes	Rec	Lanes	Rec	Lanes	Rec	Lanes	Rec	Lanes	Rec
7:00–11:00AM LAP SWIM	7:00–10:00AM WATER JOG	7:00–11:00AM LAP SWIM	7:00–11:00AM WATER JOG	7:00–11:00AM LAP SWIM	7:00–10:00AM WATER JOG	7:00–11:00AM LAP SWIM	7:00–11:00AM WATER JOG	7:00–11:00AM LAP SWIM	7:00–11:00AM WATER JOG
	10:00–10:45 AM AQUA FIT CLASS		10:00–10:45 AM AQUA FIT CLASS						
CLOSED 11:00AM—3:30PM									
3:30–6:45PM LIMITED LAP SWIM	3:30–7:30PM WATER JOG	3:30–4:45PM LIMITED LAP SWIM	3:30–4:45PM WATER JOG	3:30–6:45PM LIMITED LAP SWIM	3:30–7:30PM WATER JOG	3:30–4:45PM LIMITED LAP SWIM	3:30–4:45PM WATER JOG	3:30–6:45PM LIMITED LAP SWIM	3:30–6:45PM WATER JOG
		4:45–6:00PM LAP SWIM	4:45–6:45 PM GROUP LESSONS			4:45–6:00PM LAP SWIM	4:45–6:45 PM GROUP LESSONS		
		6:00–6:45PM LIMITED LAP SWIM	6:00–6:45PM GROUP LESSONS			6:00–6:45PM LIMITED LAP SWIM	6:00–6:45PM GROUP LESSONS		
6:45–7:30PM LAP SWIM		6:45–7:30PM LAP SWIM	6:00–7:30PM WATER JOG	6:45–7:30PM LAP SWIM		6:45–7:30PM LAP SWIM	6:00–7:30PM WATER JOG	6:45–7:30PM LAP SWIM	6:45–7:30PM REC SWIM

LIMITED LAP SWIM: The number of available lanes may be reduced to accommodate swim lessons. Please see the weekly “Plan Your Swim” schedule (posted at lobby, pool elevator, and pool deck) for a detailed view of where programs will be occurring.

Important member information:

- Masks must be worn walking onto and away from the pool on deck. Please remove your mask prior to entry of the pool.
- 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.
- Pool closes 30 minutes prior to facility closure.

Weight Loss
 Maintain Fitness
 Well Being
 Health Support
 Strength Training