Monday			
Class		Instructor	
L	5:00-6:00am		
С	6:00-7:00am	Pete	
L	7:00-8:00am		
С	8:00-9:00am	Marla	
С	9:00-10:00am	Cindy	
L	10:00am-2:00pm		
С	1:30-2:30pm	Morgan	
L	3:00-4:15pm		
С	4:15-6:15pm	Taggart	
L	6:15-10:00pm		
	L C C L C L C	Time L 5:00-6:00am C 6:00-7:00am L 7:00-8:00am C 8:00-9:00am L 10:00am-2:00pm L 10:00am-2:30pm L 3:00-4:15pm C 4:15-6:15pm	

Tuesday			
Class		Time	Instructor
Lap Swim	L	5:00-8:00am	
Deep H2O	С	8:00-9:00am	Marla
Aqua Intervals	С	9:00-10:00am	Rachel
Lap Swim	L	10:00am-1:30pm	
Pool Maintenance	М	1:30-2:30pm	
Lap Swim	L	2:30-10:00pm	

Thursday

L

С

С

Т

Μ

Time

5:00-8:00am

8:00-9:00am

9:00-10:00am

10:00am-1:30pm

1:30-2:30pm

Instructor

Marla

Marla

Wednesday				
Class		Time	Instructor	
Lap Swim	L	5:00-6:00am		
Masters Swim	С	6:00-7:00am	Pete	
Lap Swim	L	7:00-9:00am		
Aqua Intervals	С	9:00-10:00am	Marla	
Lap Swim	L	10:00am-1:30pm		
Aqua Light	С	1:30-2:30pm	Marla/Tricia	
Lap Swim	L	2:30-4:15pm		
Swim Team	С	4:15-6:15pm	Taggart	
Lap Swim	L	6:15-10:00pm		

Lap Swim	L	2:30-10:00pm			
Saturday					
Class	55		Instructor		
Lap Swim	L	6:00am-9:00am			
Aqua Intervals	С	9:00-10:00am	Adrienne		
Lap Swim	L	10:00am-9:00pm			

Friday				С
Class		Time	Instructor	La
Lap Swim	L	5:00-6:00am] —
Masters Swim	С	6:00-7:00am	Pete	
Lap Swim	L	7:00-8:00am		С
				L
Deep H2O	С	8:00-8:45am	Janelle	fc
Aqua Intervals	С	9:00-10:00am	Rachel	N
Lap Swim	L	10:00am-1:30pm		
Aqua Light	С	1:30-2:30pm	Georgia	
Lap Swim	L	2:30 10:00pm		

Sunday				
Class		Time	Instructor	
Lap Swim	L	6:00am-6:00pm		

C = Pool Closed for Class
L = Lap Swim, Well is available for Open Swim
M = Pool Closed for Maintenance

Class

Lap Swim

Deep H2O

Lap Swim

Aqua Intervals

Pool Maintenance

*All instructor taught classes are reserved pool time & it is up to the instructor's discretion to share the pool.

*Please be kind in sharing our pool space with lap swimmers, lessons and self-workout routines outisde of scheduled class times.

Updated December 2023



Tuesday			
Parent taught	10:45- 11:15	10	\$20
preschool	11:30-12	6	ages 3-5

\$25 \$25

\$30

· ·