



The Aquatic Center is **closed** from 1:00 pm to 4:00 p.m. Monday – Friday and Friday Evenings.

Patrons must have a reservation in order to guarantee a lane or spot in class

LARGE POOL SCHEDULE

Monday and Wednesday

6:00 am -1:00 pm	Adult Swim
6:05-6:50 am	DEEP
8:00-8:45 am	Mod-High Impact Aerobics
12:00-1:00 pm	Adult Lap Swim
4:00-6:25 pm	FDL HS Swim Team (Starting Nov. 23)
4:00-6:30 pm	Lap Swim Lane 1
5:45-6:30 pm	Mod-High Impact Aerobics

Tuesday and Thursday

6:00 am -1:00 pm	Adult Swim
8:00-8:45 am	Low Impact Aerobics
4:00-6:25 pm	FDL HS Swim Team (Starting Nov. 23)
4:00-6:30 pm	Lap Swim Lane 1
5:45-6:30 pm	DEEP

Friday

6:00 am -1:00 pm	Adult Swim
6:00-6:45 am	DEEP
8:00-8:45 am	Mod-High Impact Aerobics

Saturday

8:00 am -12:00 pm	Adult Swim
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SMALL POOL SCHEDULE

Monday - Friday

6:00 am – 1:00 pm	Adult Swim
4:00 – 6:30 pm	Adult Swim (Mon – Thurs only)

Saturday

8:00 am – 12:00 pm	Adult Swim
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**JOINT EFFORTS & WATER YOGA
TEMPORARILY CANCELLED**



DEEP (Deep End Exercise Program): Flotation belts provide buoyancy, eliminating stress on the joints. This class includes cardiovascular conditioning and toning. This class meets:
Mon., Wed., Fri.: 6:05 - 6:50 a.m.
Tuesday & Thursday: 5:45 – 6:30 p.m.

MODERATE – HIGH WATER AEROBICS: Done to music, this class is a 45-minute workout that includes a warm-up, 20-30 minutes of aerobic activity, toning, and a cool down. This class meets:
Monday & Wednesday - 5:45 - 6:30 p.m.

AEROBICS: This is a 45-minute workout in the large pool that includes a warm-up, aerobic activity, toning, and a cool down. The class meets: Monday – Friday: 8:00 – 8:45 a.m.
M/W/F – Mod-High Impact, T/Th – Low Impact

WATER WELLNESS CLASS FEES:

Option 1

Pay per Class
\$3.75

Option 2

Punch Card
\$35.00 for 10 Classes
\$3.50 per class

Option 3

Punch Card
\$60.00 for 20 classes
\$3.00 per class