



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2022

Recreation Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30	4TH OF JULY HOURS: 7:30-12:30p (NO CLASSES)							
7:00								
7:30	Volleyball 7:30a-8:00a	Adult Swim 7:00a-9:30a	Adult Swim 7:00a-8:00a	Adult Swim 7:00a-11:00a	Open Swim 7:00am-8:00am	Open Swim 7:30-8:30am	Family Swim 8:30am-3:30pm	
8:00								
8:30	Aquacise 8:00am -8:50am		Aquacise 8:00am -8:50am			Volleyball 8:00am-9:00a		
9:00								Group Lessons 8:30am-11:30am
9:30	Aquacise 9:00am -9:50am		Aquacise 9:00am - 9:50am			Pop-up Aquacise class July 8th [8:00-8:50a] [9:00-9:50]		
10:00		Aqua Zumba 9:30-10:20a						
10:30	Adult Swim 10:00am-11:00am		Aqua Fit 10:00a-10:50a					
11:00		Adult Swim 10:30-12:00p			Open Swim 9:00am-12pm			
11:30	Aqua Fit 11:00am-11:50am		Adult Swim 11:00am-12pm	Aqua Zumba 11:00a-11:50a				
12:00						Family Swim 11:30am-1:30pm		
12:30					Summer Camp 12:15-1:30p (7/8 Camp 12-3p)			
1:00								
1:30								
2:00	Summer Camp 12:00pm-3:15pm	Summer Camp 12:00pm-3:15pm	Open Swim 12:00pm-4:00pm	Summer Camp 12:00pm-3:15pm		JULY 16th POOL CLOSES AT 11:30am		
2:30								
3:00								
3:30								
4:00								
4:30								
5:00	Group Lessons 4:00pm-6:15pm	Family Swim 3:30pm - 6:30pm	Group Lesson 4:00pm-6:15pm	Family Swim 3:30pm - 6:30pm	Family Swim 2:00pm-8:30pm			
5:30								
6:00								
6:30								
7:00	Family Swim 6:30pm-8:30pm	Aqua Zumba 6:30-7:20p (no family swim in shallow)	Family Swim 6:30pm-8:30pm	Aqua Zumba 6:30-7:20p (no family swim in shallow)				
7:30								
8:00			Family Swim 7:30-8:30p		Family Swim 7:30-8:30p			
8:30								

The pool schedule is subject to change upon lifeguard availability.

Spa Policies

1. Must be at least 18 years of age.
2. Swim attire is required.
3. Compliance with Covid19 Procedures is required.
4. Please shower before entering
5. Do not use without lifeguard supervision
6. Exercise is prohibited
7. Observe reasonable time limits of 10-15 minutes. Then leave the water and cool down before returning for another brief stay if you wish.

Sauna Policies

1. Must be at least 18 years of age.
2. Athletic (shorts & short sleeve shirt) or Swim attire is required. Long pants, long shirts, and shoes are prohibited.
3. Observe reasonable time limits of 10-15 minutes. Then leave the sauna and cool down before returning for another brief stay if you wish.
4. Do not use oils or lotions while in sauna
5. Do not pour water on rocks

Fitness Classes

Maximum capacity for group exercise classes in the recreation pool is 25 participants per class.