

## MONDAY

### EXERCISE SWIM

5:00a-5:00p

\*Leisure Pool shared with Aqua Fitness Classes from 8:00-9:00a and Swim Lessons from 4:00-5:00p

### TODDLER TIME

10:00a-1:00p

### OPEN SWIM

5:00-7:30p

\*Leisure Pool shared with Swim Lessons from 5:00-7:00p

## TUESDAY

### EXERCISE SWIM

5:00a-5:00p

\*Leisure Pool shared with Aqua Fitness Classes from 8:00-9:00a and Swim Lessons from 4:00-5:00p

### TODDLER TIME

10:00a-1:00p

### OPEN SWIM

5:00-9:00p

\*Leisure Pool shared with Swim Lessons from 5:00-7:00p

## WEDNESDAY

### EXERCISE SWIM

5:00a-5:00p

\*Leisure Pool shared with Aqua Fitness Classes from 8:00-9:00a and Swim Lessons from 4:00-5:00p

### TODDLER TIME

10:00a-1:00p

### OPEN SWIM

5:00-9:00p

\*Leisure Pool shared with Swim Lessons from 5:00-7:00p

## THURSDAY

### EXERCISE SWIM

5:00a-5:00p

\*Leisure Pool shared with Swim Lessons from 4:00-5:00p

### TODDLER TIME

10:00a-1:00p

### OPEN SWIM

5:00-9:00p

\*Leisure Pool shared with Swim Lessons from 5:00-7:00p

## FRIDAY

### EXERCISE SWIM

5:00a-5:00p

\*Leisure Pool shared with Aqua Fitness Classes from 8:00-9:00a

### TODDLER TIME

10:00a-1:00p

### HOMESCHOOL SWIM

12:00-2:00p

### OPEN SWIM

5:00-9:00p

## SATURDAY/SUNDAY

### EXERCISE SWIM

7:00-10:00a

\*Leisure Pool shared with Aqua Fitness Classes from 8:00-9:00a and Swim Lessons from 4:00-5:00p

### OPEN SWIM

10:00a-7:00p

\*Open Swim shared with Swim Lessons from 10:00a-1:00p

**EXERCISE SWIM:** Leisure pool lap lanes and resistance channel open for exercise swimming for adults ages 16 and older.

**TODDLER TIME:** Open to children ages 5 years and younger when accompanied by a parent/guardian; includes use of play feature

**OPEN SWIM:** Leisure pool and waterslide for recreational swimming, Play feature only open Friday-Sunday during Open Swim in Winter

## AQUA FITNESS CLASS SCHEDULE

### MONDAY

#### GENTLE AQUA

8:00-9:00a | Leisure Pool  
Angie T. | ● ●

#### AQUA ZUMBA

6:30-7:30p | Lap Pool  
Nora | ● ●

- Cardio
- Health Consideration Friendly
- Strength

### TUESDAY

#### GENTLE AQUA

8:00-9:00a | Leisure Pool  
Kari | ● ●

#### AQUA BOOTCAMP

9:00-10:00a | Lap Pool  
Kari | ● ● ●

### WEDNESDAY

#### GENTLE AQUA

8:00-9:00a | Leisure Pool  
Kari | ● ●

#### HYDROTONE

9:00-10:00a | Lap Pool  
Nora | ● ● ●

#### AQUA BOOTCAMP

6:30-7:30p | Lap Pool  
Angie F. | ● ● ●

### THURSDAY

#### AQUA BOOTCAMP

9:00-10:00a | Lap Pool  
Casey | ● ● ●

### FRIDAY

#### AQUA ZUMBA

8:00-9:00a | Leisure Pool  
Nora | ● ●

### SATURDAY

#### AQUA BOOTCAMP

9:00-10:00a | Lap Pool  
Kim | ● ● ●

## MONDAY

**LAP SWIM\***  
5:00-6:00a  
*\*Shared with Masters*

**NBHS SWIM TEAM**  
6:00-8:00a

**LAP SWIM**  
8:00a-3:25p

**NBHS SWIM TEAM**  
3:25-4:35p

**LAP SWIM**  
4:35-7:30p  
*\*Shared with Masters*  
5:30-6:30p

**IN-SERVICE**  
7:30-9:00p

## TUESDAY

**LAP SWIM\***  
5:00-6:00a

**NBHS SWIM TEAM**  
6:00-8:00a

**LAP SWIM**  
8:00a-3:25p  
*\*Competition Pool shared  
with Aqua Fitness Classes  
from 9:00-10:00a*

**NBHS SWIM TEAM**  
3:25-4:35p

**LAP SWIM**  
4:35-9:00p

## WEDNESDAY

**LAP SWIM\***  
5:00-6:00a  
*\*Shared with Masters*

**NBHS SWIM TEAM**  
6:00-8:00a

**LAP SWIM**  
8:00a-3:25p  
*\*Competition Pool shared  
with Aqua Fitness Classes  
from 9:00-10:00a*

**NBHS SWIM TEAM**  
3:25-4:35p

**LAP SWIM**  
4:35-9:00p  
*\*Shared with Masters*  
5:30-6:30p

## THURSDAY

**LAP SWIM\***  
5:00-6:00a

**NBHS SWIM TEAM**  
6:00-8:00a

**LAP SWIM**  
8:00a-3:25p  
*\*Competition Pool shared  
with Aqua Fitness Classes  
from 9:30-10:20a*

**NBHS SWIM TEAM**  
3:25-4:35p

**LAP SWIM**  
4:35-9:00p  
*\*Shared with Masters*  
5:30-6:30p

## FRIDAY

**LAP SWIM\***  
5:00-6:00a  
*\*Shared with Masters*

**NBHS SWIM TEAM**  
6:00-8:00a

**LAP SWIM**  
8:00a-3:25p

**NBHS SWIM TEAM**  
3:25-4:35pm

**LAP SWIM**  
4:35-9:00p

## SATURDAY/SUNDAY

**LAP SWIM**  
7:00a-7:30p

**ACTIVITIES AND TIMES LISTED IN RED INDICATE  
COMPETITION POOL IS NOT OPEN TO GENERAL PUBLIC.**

