

ALDEN POOL SCHEDULE: Feb. 22 – February 26

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---------------------------------------|--|
| 6:00 – 8:30a 6 Lap / H2O Walking | 6:00 – 8:30a 6 Lap / H2O Walking | 6:00 – 8:30a 6 Lap / H2O Walking | 8:00 – 9:00 6 Lap / H2O Walking | 10:00 – 11:00a 6 Lap / H2O Walking |
| 8:30 – 11:30a 4 Family 2 Lap | 8:30 – 9:15a Arthritis | 8:30a – 12:15p 4 Family 2 Lap | 9:00a – 9:00p 4 Family 2 Lap | 11:00a – 7:00p 4 Family 2 Lap |
| 11:30a – 12:15p 6 Water Walking | 9:15 – 10:00a Hydrofit | 12:15 – 1:00p 4 Arthritis 2 Lap | | |
| 12:15 – 1:15p 6 Water Walking | 10:00 – 11:30 4 Family 2 Lap | 1:00 – 10:00p 4 Family 2 Lap | | |
| 1:15 – 2:00p 4 Arthritis 2 Lap | 11:30a – 12:15p 6 Water Walking | | | |
| 2:00 – 6:30p 4 Family 2 Lap | 12:15 – 10:00p 4 Family 2 Lap | | | |
| 6:30 – 7:30p 3 Family 3 Aerobics | | | | |
| 7:30 – 8:00p 4 Family 2 LG Class | | | | |
| 8:00 – 10:00p 4 Family 2 Lap | | | | |





WOODBURY (Main) POOL SCHEDULE: Feb. 22 – Feb. 26

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|
| 5:30 – 8:45a 6 Lap | 5:30 – 11:00a 6 Lap | 5:30 – 8:45a 6 Lap | 7:00 – 8:00a 6 Lap | 8:00 – 9:00a 6 Lap |
| 8:45 – 9:30a 6 Beg. Deep H2O | 11:00 – 12:00p 3 Schools Out 3 Lap | 8:45 – 9:30a 6 Beg. Deep H2O | 8:00 – 9:00a 3 Everyone TRI 3 Lap | 9:00 – 10:30a 2 H2O Challenge 4 Lap |
| 9:30 – 10:15a 6 Aquacize | 12:00 – 3:00p 6 Lap | 9:30 – 10:15a 6 Aquacize | 9:00 – 12:15p 6 Lap | 10:30 – 12:15 p 6 Lap |
| 10:15 – 11:00a 6 Lap | 3:00 – 4:30p 4 Rental 2 Lap | 10:15 – 11:00a 6 Lap | 12:15 – 1:45p 3 Rental 3 Lap | 12:15 – 1:45p 3 Rental 3 Lap |
| 11:00 – 12:00p 3 School Out 3 Lap | 4:30 – 6:15p 6 Lap | 11:00 – 12:00p 3 School Out 3 Lap | 1:45 – 2:45p 6 Lap | 1:45 – 2:45p 6 Lap |
| 12:00 – 6:00p 6 Lap | 6:15 – 7:00p 5 Deep H2O 1 Lap | 12:00 – 3:00p 6 Lap | 2:45 – 4:15p 3 Rental 3 Lap | 2:45 – 4:15p 3 Rental 3 Lap |
| 6:00 – 8:00p 3 Gator Club 3 Lap | 7:00 – 7:45p 3 Everyone TRIs 3 Lap | 3:00 – 4:00p 4 Rental 2 Lap | 4:15 – 9:00p 6 Lap | 4:15 – 7:00p 6 Lap |
| 8:00 – 10:00p 3 LG Class 3 Lap | 7:45 – 10:00p 6 Lap | 4:00 – 10:00p 6 Lap | | |

- Pool schedules are subject to change due to program enrollment, rentals, private lessons, etc.
- Please allow a 10-minute transition period between activities.
- **Please use LAP SWIM ETIQUETTE.** 2 swimmers split the lane; 3+ swimmers circle swim!
- Water Walking is permitted during designated Lap time.
- Youth members may swim laps but only if able to swim continuous laps.