



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALDEN POOL SCHEDULE: January 9 – February 19

MONDAY	TUESDAY	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	6:00 – 7:00a 6 Lap / H2O Walking	6:00 – 8:30a 6 Lap / H2O Walking	8:00 – 8:55a 6 Lap / H2O Walking	10:00 – 11:00a 6 Lap / H2O Walking
8:30 – 9:15a 6 Arthritis	8:30 – 9:15a Arthritis	8:30 – 9:15a 4 Family 2 Lap	7:00 – 7:45a 3 Liquid FIT 3 Lap	8:30 – 9:15a 4 Family 2 Lap	8:55a – 12:00p 6 Lesson	11:00a – 7:00p 4 Family 2 Lap
9:15 – 10:00a 6 Liquid FIT	9:15 – 10:00a Hydrofit	9:15 – 10:00a 6 Liquid FIT	7:45 – 8:30a 6 Lap / H2O Walking	9:15 – 10:00a 6 Liquid FIT	12:00 – 9:00p 4 Family 2 Lap	
10:00 – 11:30a 4 Lesson 2 Lap	10:00 – 11:30a 4 Lesson 2 Lap	10:00 – 11:30a 4 Family 2 Lap	8:30 – 9:15a Arthritis	10:00 – 11:15a 4 Lesson 2 Lap		
11:30a – 12:15p 6 Water Walking	11:30a – 12:15p 6 Water Walking	11:30a – 12:15p 6 Water Walking	9:15 – 10:00a Hydrofit	11:15a – 12:15p 4 Family 2 Lap		
12:15 – 1:15p 6 Water Walking	12:15 – 4:30p 4 Family 2 Lap	12:15 – 1:15p 6 Water Walking	10:00 – 11:30a 4 Lesson 2 Lap	12:15 – 1:00p 4 Arthritis 2 Lap		
1:15 – 2:00p 4 Arthritis 2 Lap	4:30 – 7:00p 3 Family 3 Lesson	1:15 – 2:00p 4 Arthritis 2 Lap	11:30a – 12:15p 6 Water Walking	1:00 – 4:00p 4 Family 2 Lap		
2:00 – 3:30p 4 Family 1 Lap 1 Rental	7:00 – 10:00p 4 Family 2 Lap	2:00 – 4:00p 4 Family 2 Lap	12:15 – 4:30p 4 Family 2 Lap	4:00 – 6:15p 3 Family 3 Lesson		
3:30 – 4:00p 4 Family 2 Lap		4:00 – 6:30p 3 Family 3 Lesson	4:30 – 7:00p 3 Family 3 Lesson	6:15 – 10:00p 4 Family 2 Lap		
4:00 – 6:30p 3 Family 3 Lesson		6:30 – 7:30p 3 Family 3 Aerobics	7:00 – 7:45p 4 Family 2 Lesson			
6:30 – 7:30p 3 Family 3 Aerobics		7:30 – 8:00p 4 Family 2 LG Class	7:45 – 10:00p 4 Family 2 Lap			
7:30 – 10:00p 4 Family 2 Lap		8:00 – 10:00p 4 Family 2 Lap				





MAIN POOL SCHEDULE: January 9 – February 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 8:45a 6 Lap	5:30 – 8:45a 6 Lap	5:30 – 8:45a 6 Lap	5:30a – 3:00p 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	8:45 – 9:45a 3 Ad. Deep H2O 3 Lap	8:45 – 9:30a 6 Beg. Deep H2O	3:00 – 4:30p 4 Rental 2 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	9:45 – 11:30a 6 Lap	9:30 – 10:15a 6 Aquacize	4:30 – 6:15p 3 Lesson 3 Lap	9:30 – 10:15a 6 Aquacize	9:00a – 12:15p 3 Lesson 3 Lap	10:30 – 12:15 p 6 Lap
10:15a – 2:30p 6 Lap	11:30 – 12:30p 2 W. Public 4 Lap	10:15a – 3:00p 6 Lap	6:15 – 7:00p 5 Deep H2O 1 Lesson	10:15a – 3:00p 6 Lap	12:15 – 1:45p 3 Rental 3 Lap	12:15 – 1:45p 3 Rental 3 Lap
2:30 – 3:00p 2 Schools Out 4 Lap	12:30 – 3:00p 6 Lap	3:00 – 4:00p 4 Rental 2 Lap	7:00 – 7:45p 3 Everyone TRIs 3 Lap	3:00 – 4:00p 4 Rental 2 Lap	1:45- 2:45p 6 Lap	1:45- 2:45p 6 Lap
3:00 – 4:00p 4 Rental 2 Lap	3:00 – 4:30p 4 Rental 2 Lap	4:00 – 5:00p 3 Lesson 3 Lap	7:45 – 10:00p 6 Lap	4:00 – 6:15p 3 Lesson 3 Lap	2:45 – 4:15p 3 Rental 3 Lap	2:45 – 4:15p 3 Rental 3 Lap
4:00 – 6:00p 2 Lesson 4 Lap	4:30 – 6:15p 3 Lesson 3 Lap	5:00 – 6:00p 2 Lesson 4 Lap		6:15 – 10:00p 6 Lap	4:15 – 9:00p 6 Lap	4:15 – 7:00p 6 Lap
6:00 – 8:00p 3 Gator Club 3 Lap	6:15 – 7:00p 5 Deep H2O 1 Lesson	6:00 – 8:00p 3 Gator Club 3 Lap				
8:00 – 10:00p 3 WSI Class 3 Lap	7:00 – 8:00p 2 Masters 4 Lap	8:00 – 10:00p 3 LG Class 3 Lap				
	8:00 – 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.
- Wee Wuns will use 3 lanes in the Main Pool from 11:15 – 11:45am on the 1st Thursday & Friday of each month.
- **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.