

Pool Schedule

Effective Sep 14-Dec 31

- Steam Room will remain closed at this time
- Our showers and change rooms will be open with modifications
- Please come to the pool wearing your bathing suit
- Public swimming will not be offered at this time

Monday-Friday

6:00-7:30am	Lane Swim <ul style="list-style-type: none"> • You must call ahead to reserve your 45 min swim spots either 6:00-6:45am OR 6:45-7:30am, starting on Friday at 8:30am for the upcoming week • Fast lane, medium lane, slow lane (Max 12 people: 4 swimmers per 3 Double Lanes) • No water walking space available (Alternate Time: Mon-Fri 1:30-2:30pm)
7:30-8:00am	POOL CLOSED FOR CLEANING
8:00-11:45am	Aqua Fitness You must call ahead to reserve your spots, starting on Sundays for the upcoming week <ul style="list-style-type: none"> • 8:00-8:45am Moderate Shallow/Deep (M-Th) & Aqua Zumba (F) • 9:00-9:45am Intense Shallow/Deep (M-F) • 10:00-10:45am Moderate Shallow & Mild Deep (M-F) • 11:00-11:45am Mild Shallow/Deep (M & W) & Moderate Shallow/Deep (Tu & Th) & Aqua Zumba (F) • 11:00-11:45am Stretch & Strength M & W (max 6 in Round Pool) • 11:00-11:45am Gentle Fitness T & Th (max 6 in Round Pool)
11:45am-12:15pm	POOL CLOSED FOR CLEANING
12:15-1:00pm	Lane Swim <ul style="list-style-type: none"> • You must call ahead to reserve your 45 min swim spots, starting on Fridays at 8:30am for the upcoming week (no water walking available) • Fast lane, medium lane (M-F) (Max 8 people: 4 swimmers per 2 Double Lanes) • Slow lane (Tu, Th & F max 4 people per double lane) • No water walking available Noon-12:45pm Aqua Yoga (M & W, max 6 in Round Pool) & 12:15-1:00pm Baby and Me Aquafit (M & W, max 4 in Round Pool)
1:00-1:30pm	POOL CLOSED FOR CLEANING
1:30-2:30pm	Water Walking/Physio <ul style="list-style-type: none"> • You must call ahead to reserve your spots starting on Friday at 8:30am for the upcoming week
2:30-3:00pm	POOL CLOSED FOR CLEANING
3:00-6:30pm	Swim Lessons (M-Th 3:00-6:00pm) & Swim Club (M-F 3:30-6:30pm)
6:30-7:15pm	Aqua Yoga - must register (M & Th)
7:00-7:45pm	Lane Swim (M & Th) New! <ul style="list-style-type: none"> • You must call ahead to reserve your 45 min swim spots, starting on Friday at 8:30am for the upcoming week (no water walking available) • Fast lane, medium lane, slow lane (max 12 people: 4 swimmers per 3 double lanes) Aqua Fitness (Tu & W) <ul style="list-style-type: none"> • You must call ahead to reserve your spots, starting on Sundays for the upcoming week • Moderate Combo

Saturday-Sunday

9:00am-1:00pm	Swim Lessons Only (Not offered on Holiday / Stat Days)
12:30-2:00pm	Lane Swim <ul style="list-style-type: none"> • You must call ahead to reserve your spots either 12:30-1:15pm or 1:15-2:00pm starting on Fridays at 8:30am for the upcoming week • Fast lane, medium lane (Max 8 people: 4 swimmers per 2 Double Lanes) • No water walking space available (Alternate Time: Sa & Su 2:15-3:00pm)
2:15-3:00pm	Water Walking New! <ul style="list-style-type: none"> • You must call ahead to reserve your spots starting on Fridays at 8:30am for the upcoming week

Please come to the pool wearing your bathing suit (children & adults).

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL