



AQUATICS CENTER SCHEDULE

JUNE 13 - 30, 2022

COMPETITION POOL SCHEDULE

(11 Lanes) - Competition Pool set-up will be Short Course Yards Friday-Monday and Short Course Meters Tuesday-Thursday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30p - 7:00p Water Polo (Lanes 0-5)	5:30a - 6:30a Masters Swim Team (Lanes 0-5) 6:30a - 8:30a Swim Team Practice (Lanes 4-10) 10:30a - 11:15a Water Fitness (Lanes 0-1) 12:00p - 1:00p Masters Swim Team (Lanes 0-5) 2:30a - 4:00p Swim Team Practice (Lanes 4-10) 4:00p - 6:00p Swim Team Practice (Lanes 7-10) 6:00p - 7:15p Swim Team Practice (7-10) 6:45p - 8:00p Swim Team Practice (Lanes 0-6)	7:30a - 9:30a Swim Team Practice (Lanes 4-10) 4:00p - 6:00p Swim Team Practice (Lanes 0-3) 5:45p - 7:15p Swim Team Practice (Lanes 5-10) 6:45p - 8:00p Swim Team Practice (Lanes 0-6)	5:30a - 6:30a Masters Swim Team (Lanes 0-5) 6:30a - 8:30a Swim Team Practice (Lanes 4-10) 12:00p - 1:00p Masters Swim Team (Lanes 0-5) 2:30a - 4:00p Swim Team Practice (Lanes 4-10) 4:00p - 6:00p Swim Team Practice (Lanes 7-10) 5:45p - 7:15p Swim Team Practice (Lanes 5-10)	7:30a - 9:30a Swim Team Practice (Lanes 4-10) 4:00p - 6:00p Swim Team Practice (Lanes 0-3) 5:45p - 7:15p Swim Team Practice (Lanes 5-10) 6:45p - 8:00p Swim Team Practice (Lanes 0-6)	5:30a - 6:30a Masters Swim Team (Lanes 0-5) 6:30a - 8:30a Swim Team Practice (Lanes 4-10) 10:30a - 11:15a Water Fitness (Lanes 0-1) 12:00p - 1:00p Masters Swim Team (Lanes 0-5) 2:30a - 4:00p Swim Team Practice (Lanes 4-10) 4:00p - 6:00p Swim Team Practice (Lanes 7-10) 6:00p - 7:15p Swim Team Practice (Lanes 7-10) 6:45p - 8:00p Swim Team Practice (Lanes 0-6)	8:00a - 10:15a Swim Team Practice (Lanes 4-10)

RECREATION POOL SCHEDULE

(Open Area + 3 Lanes) - Please expect high volume of swimmers in the open area during the summer season

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00a - 8:50a Water Fitness (Open Area + 1 Lane) 9:00a - 9:45a Water Fitness (Open Area + 1 Lane) 9:15a - 11:30a Swim Lessons (1 Lane) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane) 4:45p - 7:40p Swim Lessons (1 Lane) 7:00p - 7:50p Water Fitness (2 Lanes)	8:30a - 9:15a Water Fitness (Open Area + 1 Lane) 9:15a - 11:30a Swim Lessons (1 Lane) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane) 4:45p - 7:40p Swim Lessons (1 Lane)	8:00a - 8:50a Water Fitness (Open Area + 1 Lane) 9:00a - 9:45a Water Fitness (Open Area + 1 Lane) 9:15a - 11:30a Swim Lessons (1 Lane) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane) 4:45p - 7:40p Swim Lessons (1 Lane) 7:00p - 7:50p Water Fitness (2 Lanes)	9:00a - 9:45a Water Fitness (Open Area + 1 Lane) 9:15a - 11:30a Swim Lessons (1 Lane) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane) 4:45p - 7:40p Swim Lessons (1 Lane)	8:00a - 8:50a Water Fitness (Open Area + Lane 1) 9:00a - 9:45a Water Fitness (Open Area + Lane 1) 10:00a - 10:45a Water Fitness (Open Area + Lane 1) 10a - 12p, 1p - 3p Group Swim (Open Area + 1 Lane)	9:15a - 9:45a Swim Lessons (Open Area) 9:50a - 12:40p Swim Lessons (1 Lane) 4:45p - 6:30p Swim Lessons (1 Lane)

POOL HOURS:

Monday - Friday	5:30a - 9:00p
Saturday	7:00a - 9:00p
Sunday	12:00p - 7:00p

POOL AVAILABILITY:

** Schedule is subject to change; please check with staff upon arrival to verify availability*

- Competition pool closed Monday/Tuesday/Thursday/Friday from 6:45p - 7:15p for programming
- Lap swim is available during all open hours, but lane space may be limited to accommodate programming
- Please note that space in Recreation Pool Open Area for open swim may be limited during group swim hours
- Scuba classes will be held in the Aquatics Center June 18/25 from 1-5p, and June 19 from 12-4p and may affect availability

WATER FITNESS CLASS OFFERINGS

** To participate in water fitness classes, you must register in advance.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00a - 8:50a Water Walking with Betty (Recreation Pool)	8:30a - 9:15a Aqua Dance & Box with Shannon (Recreation Pool)	8:00a - 8:50a Water Walking with Betty (Recreation Pool)	9:00a - 9:45a Aqua Zumba with Steve (Recreation Pool)	8:00a - 8:50a Water Walking with Betty (Recreation Pool)	
	9:00a - 9:45a Aqua Step with Suzi (Recreation Pool)	9:00a - 9:45a Aqua Step with Suzi (Recreation Pool)	9:00a - 9:45a Aqua Step with Suzi (Recreation Pool)	9:00a - 9:45a Aqua Step with Suzi (Recreation Pool)	9:00a - 9:45a Aqua Step with Suzi (Recreation Pool)	
	10:30a - 11:15a Ocean Motion with Suzi (Competition Pool)		7:00p - 7:50p Aqua Bike with Kristine (Recreation Pool)		10:00a - 10:45a Aqua Dance with Shannon (Recreation Pool)	
	7:00p - 7:50p Aqua Bike with Kristine (Recreation Pool)				10:30a - 11:15a Ocean Motion with Suzi (Competition Pool)	

For questions about the schedule or to inquire about group swim/pool rentals, please contact Briley Penner (Aquatics Director) at bpenner@oc-sportsplex.com or 919.644.0339 ext. 229.