



AQUATICS CENTER SCHEDULE

July 2022

COMPETITION POOL SCHEDULE (11 Lanes)

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)	7:30a - 9:30a Swim Team Practice (Lanes 4-10)	5:30a - 6:30a Masters Swim Team (Lanes 0-5)	7:30a - 9:30a Swim Team Practice (Lanes 4-10)	5:30a - 6:30a Masters Swim Team (Lanes 0-5)	8:00a - 10:15a Swim Team Practice (Lanes 4-10)
	6:30a - 8:30a Swim Team Practice (Lanes 4-10)	12:00p - 1:00p Water Polo League (Lanes 0-3)	6:30a - 8:30a Swim Team Practice (Lanes 4-10)	4:00p - 6:00p Swim Team Practice (Lanes 0-3)	6:30a - 8:30a Swim Team Practice (Lanes 4-10)	
	10:30a - 11:15a Water Fitness (Lanes 0-1)	4:00p - 6:00p Swim Team Practice (Lanes 0-3)	12:00p - 1:00p Masters Swim Team (Lanes 0-5)	5:45p - 7:15p Swim Team Practice (Lanes 5-10)	10:30a - 11:15a Water Fitness (Lanes 0-1)	
	12:00p - 1:00p Masters Swim Team (Lanes 0-5)	5:45p - 7:15p Swim Team Practice (Lanes 5-10)	2:30a - 4:00p Swim Team Practice (Lanes 4-10)	6:45p - 8:00p Swim Team Practice (Lanes 0-6)	12:00p - 1:00p Masters Swim Team (Lanes 0-5)	
	2:30a - 4:00p Swim Team Practice (Lanes 4-10)	6:45p - 8:00p Swim Team Practice (Lanes 0-6)	4:00p - 6:00p Swim Team Practice (Lanes 7-10)		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)		4:00p - 6:00p Swim Team Practice (Lanes 7-10)	
	6:00p - 7:15p Swim Team Practice (7-10)				6:00p - 7:15p Swim Team Practice (Lanes 7-10)	
	6:45p - 8:00p Swim Team Practice (Lanes 0-6)				6:45p - 8:00p Swim Team Practice (Lanes 0-6)	

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

POOL HOURS:

The pool will be closed on Monday, July 4 in observance of Independence Day

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 will be closed Saturday, July 9 from 7:00a - 12:00p for swim meet**
- **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
- Lifeguard class will be held July 8, 9, & 10 and may affect availability
- Scuba classes will be held in the Aquatics Center July 16 & 17 and may affect availability

WATER FITNESS CLASS OFFERINGS

** To participate in water fitness classes, you must register in advance online or at the front desk.*

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)	
	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.