



# AQUATICS CENTER SCHEDULE

## AUGUST 2022

<b>COMPETITION POOL SCHEDULE</b>						
(11 Lanes) - Fall swim team practices will kickoff the beginning of September						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4:30p - 6:00p</b> <b>Water Polo</b> (Lanes 0-5)	<b>5:30a - 6:30a</b> <b>Masters Swim Team</b> (Lanes 0-5)  <b>10:30a - 11:15a</b> <b>Water Fitness</b> (Lanes 0-1)  <b>11:30a - 2:30p</b> <b>Swim for Charlie</b> (Lane 10)  <b>12:00p - 1:00p</b> <b>Masters Swim Team</b> (Lanes 0-5)	<b>11:30a - 2:30p</b> <b>Swim for Charlie</b> (Lane 10)	<b>5:30a - 6:30a</b> <b>Masters Swim Team</b> (Lanes 0-5)  <b>11:30a - 2:30p</b> <b>Swim for Charlie</b> (Lane 10)  <b>12:00p - 1:00p</b> <b>Masters Swim Team</b> (Lanes 0-5)	<b>11:30a - 2:30p</b> <b>Swim for Charlie</b> (Lane 10)	<b>10:30a - 11:15a</b> <b>Water Fitness</b> (Lanes 0-1)  <b>11:30a - 2:30p</b> <b>Swim for Charlie</b> (Lane 10)  <b>12:00p - 1:00p</b> <b>Masters Swim Team</b> (Lanes 0-5)	

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

## POOL HOURS:

Monday - Friday  
Saturday  
Sunday

5:30a - 9:00p  
7:00a - 9:00p  
12:00p - 7:00p

## SCHEDULE NOTES:

*\* Schedule is subject to change; please call ahead or check with staff upon arrival to verify availability*

- Please be aware that the Recreation Pool Open Area will have a higher than normal volume of swimmers during group swim times
- There will be no water polo practice on Sunday, August 7th and 28th
- Summer group swim ends Friday, August 19
- Swim for Charlie programming will begin Monday, August 22
- If needed, Swim for Charlie and swim lessons use Fridays as make-up days
- Lap swim is available during all open hours, but lane space may be limited to accommodate programming
- Scuba classes will be held on the 13th from 1p - 5p and the 14th from 12:30p - 4:30p and will affect lane availability in both pools

## 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
	<b>8:00a - 8:50a</b> <b>Water Walking with Betty</b> (Recreation Pool)	<b>8:30a - 9:15a</b> <b>Aqua Dance &amp; Box with Shannon</b> (Recreation Pool)	<b>8:00a - 8:50a</b> <b>Water Walking with Betty</b> (Recreation Pool)	<b>9:00a - 9:45a</b> <b>Aqua Zumba with Steve</b> (Recreation Pool)	<b>8:00a - 8:50a</b> <b>Water Walking with Betty</b> (Recreation Pool)	
	<b>9:00a - 9:45a</b> <b>Aqua Step with Suzi</b> (Recreation Pool)		<b>9:00a - 9:45a</b> <b>Aqua Step with Suzi</b> (Recreation Pool)		<b>9:00a - 9:45a</b> <b>Aqua Step with Suzi</b> (Recreation Pool)	
	<b>10:30a - 11:15a</b> <b>Ocean Motion with Suzi</b> (Competition Pool)		<b>7:00p - 7:50p</b> <b>Aqua Bike with Kristine</b> (Recreation Pool)		<b>10:00a - 10:45a</b> <b>Aqua Dance with Shannon</b> (Recreation Pool)	
	<b>7:00p - 7:50p</b> <b>Aqua Bike with Kristine</b> (Recreation Pool)				<b>10:30a - 11:15a</b> <b>Ocean Motion with Suzi</b> (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](mailto:bpenner@oc-sportsplex.com) or 919.644.0339 ext. 229.