

LAP POOL SCHEDULE AUGUST/ SEPTEMBER

**2 Lap lanes are always reserved for lap swimmers. Lane sharing with fellow members is encouraged **Lap Pool schedule is subject to change without notice

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM	CLOSED	GBNE Rental 5:15-6:30		GBNE Rental 5:15-6:30		GBNE Rental 5:15-6:30	
6-7 AM	CLOSED	GBNE Rental 5:15-6:30	Lane Rental 6-7	GBNE Rental 5:15-6:30	Lane Rental 6-7	GBNE Rental 5:15-6:30	Dolpin Swim Team 6:15-8:45
7-8 AM							Dolpin Swim Team 6:15-8:45
8-9 AM							9-11 Group Classes
9-10 AM		9-10 Aqua Boot Camp	9-9:45 Aqua Interval 9:45-10:45 Aqua Zumba			9-10 Aqua Boot Camp	9-11 Group Classes 9:30-10:30 Deep Conditioning
10-11 AM	10-11 Deep Conditioning 10--12 Group Classes	10-10:45 Aqua Fusion	9:45-10:45 Aqua Zumba	10:30-11:30 Deep Conditioning		10-10:45 Aqua Fusion	9-11 Group Classes 9:30-10:30 Deep Conditioning
11-12 PM	10-11 Deep Conditioning 10--12 Group Classes			10:30-11:30 Deep Conditioning	11-12 Aqua Interval		
12-1 PM	OPEN SWIM 12-5				12-1 Aqua Zumba		
1-4 PM	OPEN SWIM 12-5		POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	OPEN SWIM 1-5
4-5 PM	OPEN SWIM 12-5	GBNE Rental 3-5	GBNE Rental 3-5	GBNE Rental 3-5	GBNE Rental 3-5	GBNE Rental 3-5	OPEN SWIM 1-5
5-6 PM	CLOSED	5:30-6:30 Aqua Blast 5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes	5:30-6:30 Hydro Running 5:30-7 Group Classes	Dolpin Swim Team 5:30-7	CLOSED
6-7 PM	CLOSED	5:30-6:30 Aqua Blast 5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes	5:30-6:30 Hydro Running 5:30-7 Group Classes		CLOSED
7-8 PM	CLOSED	Dolpin Swim Team 7:30-9	Dolpin Swim Team 7:30- 8:30	Dolpin Swim Team 7:30-9	Dolpin Swim Team 7:30- 8:30	OPEN SWIM 7-10	CLOSED
8-9 PM	CLOSED	Dolpin Swim Team 7:30-9	Dolpin Swim Team 7:30- 8:30	Dolpin Swim Team 7:30-9	Dolpin Swim Team 7:30-8:30	OPEN SWIM 7-10	CLOSED
9-10 PM	CLOSED					OPEN SWIM 7-10	CLOSED

** Two Lanes are available for Members during all times

**** Starting 9/3 FVRC Indoor Pool Will be closing at 9:30pm Monday-Friday**

Swim Classes Start 9/10
Dolphin Swim Team Start 9/16

THERAPY POOL SCHEDULE AUGUST

**Therapy Pool schedule is subject to change without notice

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6 AM	CLOSED						
6-7 AM	CLOSED						
7-8 AM							
8-9 AM							
9-10 AM	9:20-11:40 Swim Classes	9-10:40 Group Classes		9-10:40 Group Classes 9:45-10:30 Aqua Tai Chi			9-11 Group Classes
10-11 AM	9:20-11:40 Swim Classes	10:45-11:45 Warm Water Therapy					9-11 Group Classes
11-12 PM	9:20-11:40 Swim Classes	10:45-11:45 Warm Water Therapy	10:45-11:45 Aqua Arthritis	10:45-11:45 Aqua Arthritis	10:45-11:45 Aqua Arthritis	10:45-11:45 Warm Water Therapy	11-1 Private Classes
12-1 PM	OPEN SWIM 12-5						
1-4 PM	OPEN SWIM 12-5	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	POOL CLOSED FOR DAILY CLEANING	OPEN SWIM 1-5
4-5 PM	OPEN SWIM 12-5	4:40-5:30 Tot Classes	4:40-5:30 Tot Classes	4:40-5:30 Tot Classes	4:40-5:30 Tot Classes		OPEN SWIM 1-5
5-6 PM	CLOSED	5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes		CLOSED
6-7 PM	CLOSED	5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes	5:30-7 Group Classes		CLOSED
7-8 PM	CLOSED	7-8 Private Classes	7-8 Private Classes	7-8 Private Classes	7-8 Private Classes	OPEN SWIM 7-10	CLOSED
8-9 PM	CLOSED					OPEN SWIM 7-10	CLOSED
9-10 PM	CLOSED					OPEN SWIM 7-10	CLOSED

HIGHLIGHTED TIME=THERAPY POOL CLOSED FOR CLASSES

Therapy Pool and Aqua Classes are for All Inclusive Fitness Members only

**** Starting 9/3 FVRC Indoor Pool Will be closing at 9:30pm Monday-Friday**

Swim Classes Start 9/10

Dolphin Swim Team Start 9/16