



FAMILY AQUATIC CENTER SCHEDULE

Fall 2024

September - December 20
 Except for holidays, Special Events and Swim Meets.

Monday - Friday 5:30am-12PM | 18+ ONLY
 Deck Attendant Operations | No Lifeguard on Duty
 See the back of the page for more information

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY										
	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE									
5:30																							
6:00	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LIMITED LANES	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LIMITED LANES	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am											
6:30																							
7:00																							
7:30													LAP SWIMMING	WATER WALKING 7-8am									
8:00																							
8:30	FLUID RUNNING* 8-8:55am			AQUA BATA 8-8:50am	FLUID RUNNING* 8-8:55am			LAP SWIMMING	PILATES PLUS AQUA 8-8:50am	FLUID RUNNING* 8-8:55am													
9:00		AQUA CARDIOTONE 9-9:50am	FLUID RUNNING* 9-9:55am	SELF-LED EXERCISE 9-10am			SENIOR FLUID RUNNING* 9-9:55am	SELF-LED EXERCISE 9-10am					LIMITED LANES	SWIM LESSONS 8-Noon									
9:30																							
10:00	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am												
10:30																							
11:00		AQUA LOW IMPACT 11-11:50pm		AQUA LOW IMPACT 11-11:50am																			
11:30																							
12:00																							
12:30																							
1:00	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm	LAP SWIMMING	OPEN SWIM 12-4pm											
1:30																							
2:00																							
2:30													LAP SWIMMING	OPEN SWIM 12-5:30pm									
3:00																							
3:30	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES																
4:00																							
4:30																							
5:00																							
5:30																							
6:00	SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-7pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm														
6:30																							
7:00																							
7:30	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES																
8:00		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm		OPEN SWIM 7:30-9pm															
8:30	MASTERS SWIM TEAM 8-9pm		MASTERS SWIM TEAM 8-9pm		MASTERS SWIM TEAM 8-9pm		MASTERS SWIM TEAM 8-9pm																
9:00																							

*Not included in membership. Register on line or in person drop in.

Hot tub closes at 7:30pm on Wednesdays for weekly cleaning.

Non-Member Admission Fee:

Admission Fee: \$12 | In-District Rate: \$10 | Children 2 and under are free.

See classes breakdown on the backside.

The Aquatic Center will close at 1pm on 10/19, 11/2 and 11/16 for STARS Swim Team Meets.
 There will be no lap swimming Mon-Thurs 5-7:30pm due to programming, and weekday mornings during Fluid Running. We will do our best to ensure at least 2 lanes are available during all other programming time slots as noted with LIMITED LANES above.

FAC closes at 9pm Monday-Friday
 The FAC will close at 1pm on the Stars swim meets.



AQUATIC CLASSES SCHEDULE



Fall 2024

September - December 20

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MONDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

TUESDAY:

CLASS	TIME
AquaBata (HIIT and tabata intervals)	8-8:50am
Fluid Running*	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

WEDNESDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Aqua Fusion (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am

THURSDAY:

CLASS	TIME
Pilates Plus Aqua	8-8:50am
Senior Fluid Running*	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

FRIDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

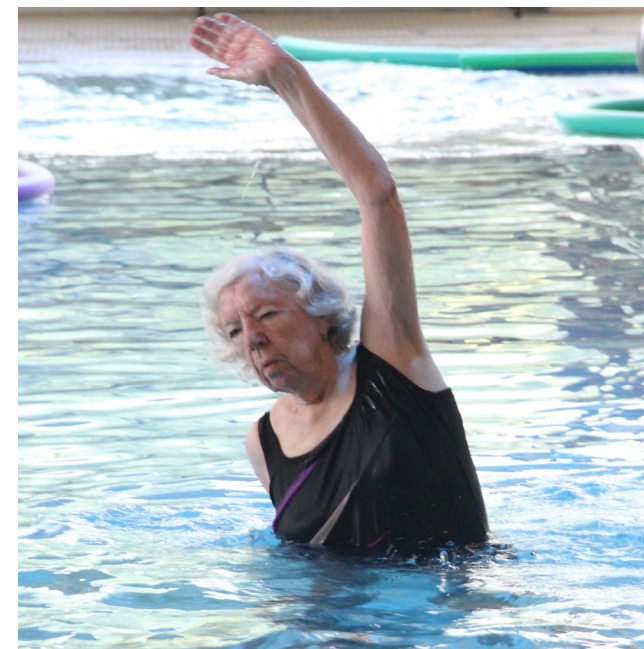
Magenta classes are taught by Kathy
Blue classes instructor Shelly

*Not included in membership. Register on line or in person drop in.

DECK ATTENDANT OPERATIONS

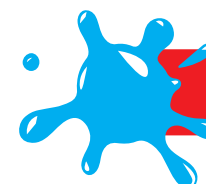
MONDAY-FRIDAY, 5:30AM - 12PM

- No lifeguard on duty Monday-Friday, 5:30am-12pm.
- Pool will be staffed by a Deck Attendant certified in CPRP/AED prepared to respond in an emergency.
 - Pool will be available to all members and guests 18+ for lap swimming and water exercise only.
- Open swim will continue to begin at 12pm each day with lifeguards overseeing the pools and all guests.



Sensory Friendly Swims - 7-9pm on the 1st Wednesday of each month.

(Quiet and distraction free facility operations: no programming, no play features, music turned off to ensure calm and welcoming environment.)



See Family Aquatic Center
Schedule on the backside.

LAST UPDATED: 09/11/2024