

# HealthTrack Sports Wellness

## Winter LAP POOL SCHEDULE January 7th-March 17th

HealthTrack Sports Wellness																																	
Winter LAP POOL SCHEDULE January 7th-March 17th																																	
	Monday					Tuesday					Wednesday					Thursday					Friday						Saturday						
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		
5-6am																									6-7am								
6-6:30								Master Swim 6-7am																	7-8	Master Swim 7-8:30am							
6:30-7																									8-8:30								
7-9																									8:30-9	Waterworks 8:30-9:30am							
9-9:30	Aqua Zumba 9-10am					Waterworks 9-10am					Waterworks 9-10am					Waterworks 9-10am					Waterworks 9-10am					9-9:30						\$\$	
9:30-10					\$\$ Swim Class					\$\$ Swim Class					\$\$ Swim Class					\$\$ Swim Class				\$\$ Swim Class	9:30-10						Swim Class		
10-10:30																									10-11								
10:30-11																									11-12:30								
11-11:30																									12:30-3								
11:30-12:45																									3-4					Family Swim			
12:45- 1:30	Waterworks 12:45-1:30															Aqua Zumba 12:45-1:30									4-5					<u>No Guard</u>			
1:30-4																									5-7					3-7pm			
4-4:30	\$\$					\$\$					\$\$					\$\$									7-8pm								
4:30-5	Swim Class 4-6pm				\$\$ Swim Class 4-6:45	Swim Class 4-5:30				\$\$ Swim Class 4-6:45pm					\$\$ Swim Class 4-6:45PM	Swim Class 4-5:30				\$\$ Swim Class 4-6:45													
5-5:30						Waterworks 5:30-6:30pm																											
5:30-6																																	
6-6:30																																	
6:30-6:45																																	
6:45-7																																	
7-7:30																																	
7:30-8						\$\$ Pre/post Natal																											
8-8:30																																	
8:30-10:30pm																																	
	Sunday																																
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5																												
7-10am																																	
10-12																																	
12-3																																	
3-4																																	
4-5																																	
5-6																																	
6-7																																	
7-8pm																																	

Effective Jan 7th, 2019    Both pools are open during all club hours.    Lap pool is 25 yards long. 70 lengths = one mile.    Temperature 80-82degrees.    \$\$ - these classes require a fee and sign-up.