

HealthTrack Sports Wellness

SPRING LAP POOL SCHEDULE April 1st-May 18th

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SPRING LAP POOL SCHEDULE April 1st-May 18th																															
	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								Master Swim 6-7am																	8-8:30	Master Swim 7-8:30am					
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	Waterworks 8:30-9:30am				\$\$
9:30-10	Aqua Zumba 9-10am				\$\$ Swim Class	Waterworks 9-10am					Waterworks 9-10am				\$\$ Swim Class	Waterworks 9-10am				\$\$ Swim Class	Waterworks 9-10am				\$\$ Swim Class	9:30-10					\$\$ Swim Class
10-10:30					\$\$ Swim Class										\$\$ Swim Class									10-11					\$\$ Swim Class		
10:30-11					\$\$ Swim Class										\$\$ Swim Class									11-12:30					\$\$ Swim Class		
11-11:30					\$\$ Swim Class										\$\$ Swim Class									12:30-3					\$\$ Swim Class		
11:30-12:45					\$\$ Swim Class										\$\$ Swim Class									3-4					\$\$ Swim Class		
12:45- 1:30	Waterworks 12:45-1:30																Aqua Zumba 12:45-1:30							4-5					\$\$ Swim Class		
1:30-4																								5-7					\$\$ Swim Class		
4-4:30	\$\$ Swim Class																							7-8pm					\$\$ Swim Class		
4:30-5	\$\$ Swim Class																												\$\$ Swim Class		
5-5:30	\$\$ Swim Class																												\$\$ Swim Class		
5:30-6	\$\$ Swim Class																												\$\$ Swim Class		
6-6:30																													\$\$ Swim Class		
6:30-6:45																													\$\$ Swim Class		
6:45-7																													\$\$ Swim Class		
7-7:30																													\$\$ Swim Class		
7:30-8																													\$\$ Swim Class		
8-8:30																													\$\$ Swim Class		
8:30-10:30pm																													\$\$ Swim Class		

Effective April 1, 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.