

HealthTrack Sports Wellness

FALL LAP POOL SCHEDULE SEPTEMBER 28th -DECEMBER 21st

HealthTrack Sports Wellness																															
FALL LAP POOL SCHEDULE SEPTEMBER 28th -DECEMBER 21st																															
	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	Waterworks 8:30-9:30am					
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				\$\$	Waterworks 9-10am					Waterworks 9-10am				\$\$	Waterworks 9-10am				\$\$	Waterworks 9-10am				\$\$	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																								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 4-5:30					Swim Class 4-6pm				\$\$	Swim Class 4-5:30					Swim Class 4-6:45										
5-5:30	Swim Class 4-6pm				Swim Class 4-6:45	Waterworks 5:30-6:30pm					Swim Class 4-6:45pm				Swim Class 4-6:45PM	Waterworks 5:30-6:30pm					Swim Class 4-6:45										
5:30-6	Swim Class 4-6pm				Swim Class 4-6:45	Waterworks 5:30-6:30pm					Swim Class 4-6:45pm				Swim Class 4-6:45PM	Waterworks 5:30-6:30pm					Swim Class 4-6:45										
6-6:30																															
6:30-6:45																															
6:45-7																															
7-7:30																															
7:30-8						\$\$ Pre/post Natal					\$\$ Pre/post Natal					\$\$ Pre/post Natal															
8-8:30						\$\$ Pre/post Natal					\$\$ Pre/post Natal					\$\$ Pre/post Natal															
8:30-10:30pm																									7-8pm						

Effective 9/28/2019 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.

HealthTrack Sports Wellness

FALL THERAPY POOL SCHEDULE SEPTEMBER 28th- DECEMBER 21st

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Hours	Saturday	
5-6am						6-7:30am		
6-7						7:30-8	Pool Closed	
7-8	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	8-8:30	\$\$	
8-9	7-9am	7-9am	7-9am	7-9am	7-9am	8:30-9	Swim Classes	
9-10	\$Swim Classes\$	\$\$	\$\$	\$Swim Classes\$	\$\$	9-10	\$Swim Classes\$ 9-11:30 am	
10-11	9-11 am	Swim Classes	Swim Classes	9-11 am	Swim Classes	10-11:30	Class Participants Only	
11-11:30	Adults Only	9-11:30am	9-12pm	Adults Only	9-11:30pm	11:30-12:30	\$Private&	
11:30-12		11-12:45pm			11-1:30pm	Pool Closed	12:30-2	Lessons
12-12:30			Parent/Child			Warm Water Pilates12-12:45	2-3	
12:30-12:45			\$Swim Class\$				3-4	Family Swim
12:45-1		Adults Only	Pool Closed			4-5	3-7pm	
1-1:30	1-3pm		Warm Water Pilates 1-1:45			5-7	No Guard	
1:30-1:45						7-8pm		
1:45-2			Adults Only		Adults Only	Hours	Sunday	
2-3	Adults Only		2-4pm		1:30-3:30pm	7-8am		
3-3:30	2-4pm					9-10	Adult Only	
3:30-4						10-11	9-11pm	
4-4:30	\$Swim Classes\$	\$Swim Classes\$	\$Swim Classes\$	\$Swim Classes\$		11-12		
4:30-5:30	4-5:45 pm	4-5:45 pm	4:00-5:45 pm	4-5:45 pm	Family Swim	12-1		
5:30-5:45	Class Participants Only	Class Participants Only	Class Participants Only	Class Participants Only		1-2		
6:15-6:30	\$Private\$		\$Private\$			2-3		
6:30-6:45	Lessons	\$Pool Closed\$	Lessons	\$Pool Closed\$		3-4	Family Swim	
6:45-7:15		Warm Water Strength/Stretch		Warm Water Strength/Stretch		4-5	3-7pm	
7:15-7:30						5-6	No Guard	
7:30-8:30						6-7		
8:30-9:30						7-8pm		
9:30-10:30pm								

Effective 9/28/2019 Both pools are open during all club hours.

Temperature 90-92degrees.

\$\$ - these classes require a fee and sign-up.