

AQUATICS SCHEDULES

Whirlpool will be closed on March 5, April 2, and May 7 from 1:00 PM - 3:00 PM for cleaning. All scheduling is subject to change with advanced notice. Schedules are valid through June 2.

Water Fitness Classes (Free for Members)

Sign up for aquatic fitness updates. Text @jaquatics to 81010.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:45 AM Stretch and Flex Susan	7:00 - 7:45 AM Stretch and Flex Wanda	7:00 - 7:45 AM Stretch and Flex Susan	7:00 - 7:45 AM Stretch and Flex Melissa	7:00 - 7:45 AM Stretch and Flex Susan		
8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Wanda	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Melissa	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Aqua Zumba Heather	
9:00 - 9:45 AM Water Cardio Lou	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio Lou	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio Lou	Aqua Zumba: January 5 & 19 February 2 & 16	10:30 - 11:15 AM AquaFit Bonnie
11:00 AM - 12:00 PM WIM-Platinum Teresa	11:00 AM - 11:45 AM Arthritis Teresa	11:00 - 11:45 AM Deep Water Teresa	11:00 AM - 11:45 AM Arthritis Teresa	11:00 AM - 12:00 PM WIM-Platinum Teresa	8:00 - 9:00 AM WIM Heather	
	11:00 AM - 11:45 AM Deep Water Kristi	11:00 AM - 11:45 AM Water Cardio Patty	11:00 AM - 11:45 AM Deep Water Kristi		WIM: January 12 & 26 February 9 & 23	
1:00 PM - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	Aqua Zumba and WIM alternate every other Saturday.	
6:30 PM - 7:30 PM WIM Teddy	7:00 - 7:45 PM Water Cardio Linda	7:00 - 7:45 PM Water Cardio Linda	7:00 - 7:45 PM Water Cardio Linda			

Lap and Open Swim Schedule

Open lanes are for lap swim. Other lanes are for lessons. Half open area is for free swim.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM - 7:00 AM	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open		
7:00 AM - 8:00 AM	2 Lanes Open	3 Lanes Open	2 Lanes Open	3 Lanes Open	2 Lanes Open		
8:00 AM - 9:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open; Half Open Area
9:00 AM - 10:00 AM	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	2 Lanes Open; Half Open Area
10:00 AM - 11:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	1 Lane Open	2 Lanes Open
11:00 AM - 12:00 PM	1 Lane Open	Closed	1 Lane Open	Closed	1 Lane Open	Closed	2 Lanes Open
12:00 PM - 1:00 PM	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
1:00 PM - 2:00 PM	Closed	Closed	Closed	Closed	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
2:00 PM - 3:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:00 PM - 4:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:00 PM - 5:00 PM	1 Lane Open	2 Lanes Open; Half Open Area	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
5:00 PM - 6:00 PM	1 Lane Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:00 PM - 6:30 PM	Closed	1 Lane Open	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area		2 Lanes Open; Half Open Area
6:30 PM - 7:00 PM	2 Lanes Open	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area			2 Lanes Open; Half Open Area
7:00 PM - 7:30 PM	1 Lane Open	2 Lanes Open	2 Lanes Open	2 Lanes Open			
7:30 PM - 8:00 PM	2 Lanes Open; Half Open Area	2 Lanes Open	2 Lanes Open	2 Lanes Open			
8:00 PM - 9:30 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area			