

Pool Programs

August

INDOOR POOL

M/W/F

Masters Swim 5:15 – 6:30 AM
H2O Aerobics 9:00 -11:00 AM
*NEHA (M/W) 4:15 – 8:30 PM

INDOOR POOL

T/TH

*NEHA 4:15 – 8:30 PM
* may be at outdoor pool weather/82 H2O temp.
permitting

OUTDOOR POOL

M/W/F

*H2O Aerobics 7:00 - 8:00 AM
*Swim Lessons 9:30 – 11:00 AM
**NEHA (F) 9:00 – 10:30 AM
*Camp Kingwood 1:00 – 3:00 PM
*Swim Lessons 4:00 – 7:00 PM
*H2O Aerobics (M) 5:15 – 6:15 PM
*H2O Aerobics (W) 4:45 – 5:45 PM
**NEHA (M/W) 4:15 – 5:45 PM

* May be at indoor pool during inclement weather
** Or if above 84 degree water temperature.

OUTDOOR POOL

T/TH

*Masters Swim 10:00 – 11:15 AM
*Swim Lessons 9:30 – 11:00 PM
*Swim Lessons 4:00 – 7:00 PM
**NEHA 4:15 – 5:45 PM
*H2O Aerobics 6:15 – 7:15 PM

* May be at indoor pool during inclement weather .
** Or if above 84 degree water temperature.

OUTDOOR POOL

Saturday

*H2O Aerobics 7:30 - 8:30 AM
*Special Olympians 10:30 AM – 12PM
* may be at indoor pool during inclement weather

INDOOR POOL

Saturday

******This schedule is subject to change based upon the weather and pool temperature. If changes do occur then programming will take precedence and sharing of the pool and lanes will occur. Some programming may move into the gym and/or studios. There are times when pool rentals/parties may occur throughout the week and on weekends.**

******Lap Swimming is available throughout the day but will be based upon the number of participants in the above programs. During peak times of programming one or more lanes may be available at either the indoor or outdoor pool, but not guaranteed. Circle swimming/sharing of lanes is required during peak times. Circular swimming is similar to driving patterns – swim down one side of the lane and back on the other.**

****** There may be times when swim lessons are being taught in designated lanes at the indoor or outdoor pool. We offer group, private and semi-private swim lessons year round for fee to members and non-members.**

****** Open Swimming is not available during scheduled programs. Water walkers are required to share a lane during peak hours. The indoor baby pool is closed during all H2O Aerobic times. See the Group Exercise Schedule for class times and offerings.**

YOUR cooperation as a member and guest is appreciated when circumstances require adjustments to the above guidelines. Please remember that we are all trying to share two pools and enjoy our workout.