

Aquatics Schedule

effective 5/25/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00-8:45 am	LAP SWIM 5:00-8:30 am	LAP SWIM 5:00-8:45 am	LAP SWIM 5:00-8:45 am	LAP SWIM 5:00-8:45 am	Lap Swim 7-9am	Lap Swim 8:00- 10:00 am
Aqua Aerobics Peggy 9-10 am	Aqua Aerobics Annie 8:30-9:30am	Aqua Aerobics Peggy 9-10 am	Easy Does It! Shari 9-10 am	Aqua Aerobics Peggy 9-10 am	Aqua Movement for the Body Dawn 9-10am	
Member Open Swim 10-12 pm	MSAC Aerobics MSAC Only Peggy 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	MSAC Aerobics 1 Lap Lane Available Peggy 10-11 am	Swim Lessons 10-12 pm 3 Lap Lanes Available	Member Open Swim 10:00-12:00pm
Lap Swim / CPT 12 - 1pm	Lap Swim / CPT 11 - 1pm	Lap Swim / CPT 11 - 1pm	Lap Swim / CPT 11 - 1pm	Lap Swim / CPT 11 - 1pm		
School Groups 1:00-2:00pm	Public/Member Open Swim 1:00-3:30 pm	School Groups 1:00-2:00pm	Public/Member Open Swim 1:00-3:30 pm	School Groups 1:00-2:00pm	Lap Swim 12 - 1 pm	Public/Member Open Swim Pay at front Desk 1-3:30pm
Member Open Swim 2:00-3:30 pm		Member Open Swim 2:00-3:30 pm		Member Open Swim 2:00-3:30 pm		
Lap Swim 3:45-5pm					Lap Swim 3:30-4:45pm	Public/Member Open Swim Pay at Front Desk 12:00-3:00pm
Montpelier Senior Activity Center (MSAC) 5-6pm	In the Deep Shari 5-6pm	Swim Lessons 5-6:45pm 3 Lap Lanes Available	Aqua Aerobics Sue V. 5-6pm	Montpelier Senior Activity Center (MSAC) 5-6pm		
Member Open Swim 6-7pm	Member Open Swim 6-8 pm		Member Open Swim 6-8 pm	Public/Member Open Swim Pay at Front Desk 6-7:45pm		Lap Swim 3:00-3:45pm pm
Lap Swim 7-8:45 pm	Lap Swim 8-8:45pm	Lap Swim 7-8:45 pm	Lap Swim 8-8:45pm	2 Lap Lanes will be available with the <u>exception</u> of the aqua classes when a single lap lane will be open.		

The Hot Tub will be cleaned at 4pm on Saturdays and 8pm Wednesdays.
 Unscheduled closures for cleaning may occur.
 Please shower before entering pool and/or hot tub.

NO SHOES IN THE POOL AREA

Instructors may reserve a lane for training.