

Aquatics Schedule

effective 6/19-7/7/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00-8:45 am	LAP SWIM 5:00-8:45 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 8:00-10:00am
Aqua Aerobics 1 Lap Lane Available Peggy 9-10 am	Aqua Aerobics 1 Lap Lane Available Annie 9:00-10:00am	Aqua Aerobics 1 Lap Lane Available Peggy 9-10 am	Easy Does It! Shari 9-10 am	Aqua Aerobics 1 Lap Lane Available Peggy 9-10 am	Aqua Movement for the Body Dawn 9-10am	
Member Open Swim 10-12 pm	MSAC Aerobics MSAC Only Annie 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	Member Open Swim 10-12 pm	Member Open Swim 10-12 pm	Public/Member Open Swim Pay at Front Desk 10:00-2:30pm
Lap Swim / CPT 12 - 1pm	Lap Swim (One Lane will be reserved for Choice Physical Therapy) 11 - 1pm			Lap Swim / CPT 12 - 1pm	Lap Swim / CPT 12 - 1pm	
Member Open Swim 1:00-2:00 pm	Member Open Swim 1:00-2:00 pm	Member Open Swim 1:00-2:00 pm	Member Open Swim 1:00-2:00 pm	Member Open Swim 1:00-2:00 pm	Public/Member Open Swim Pay at front Desk 1-3:30pm	
Summer Camp POOL CLOSED 2:15-3:30pm	Summer Camp POOL CLOSED 2:15-3:30pm	Summer Camp POOL CLOSED 2:15-3:30pm	Summer Camp POOL CLOSED 2:15-3:30pm	Summer Camp POOL CLOSED 2:15-3:30pm	Lap Swim 3:30-4:45pm	Lap Swim 2:30-3:45pm
Lap Swim 3:45-5pm						
Montpelier Senior Activity Center (MSAC) 5-6pm	In the Deep Dawn 5-6pm	Member Open Swim 5-7 pm	Aqua Aerobics Sue V. 5-6pm	Montpelier Senior Activity Center (MSAC) 5-6pm		PLEASE NO CHILDREN OR LOUD VOICES DURING AQUA AEROBICS
Member Open Swim 6-7 pm	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 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 exception of the morning aqua classes when a single lap lane will be open.		

The Hot Tub will be cleaned at 8pm on Tues, Thurs and 4pm on Sundays.
 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.