

Aquatics Schedule

effective 9/24/18

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 7-9am	Lap Swim 8:00-9:00 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	Group Swim Lessons 9-11 pm 2 Lap Lanes Available
Member Open Swim 10-12 pm	MSAC Aerobics MSAC Only Pool Closed Ann 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	MSAC Aerobics MSAC Only Pool Closed Peggy 10-11 am	Group Swim Lessons 10-1 pm 2 Lap Lanes Available	Member Open Swim 11:00-2:00pm
Lap Swim / CPT 12 - 1pm	Lap Swim / CPT 11 - 1pm			Lap Swim 1 - 2 pm		
School Groups 1:00-2:00pm	Public/Member Open Swim Pay at Front Desk 1:00-3:30 pm	School Groups 1:00-2:00pm	Public/Member Open Swim Pay at Front Desk 1:00-3:30 pm	School Groups 1:00-2:00pm	Public/Member Open Swim Pay at front Desk 2-4pm	Public/Member Open Swim Pay at Front Desk 2:00-4:00pm
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					Member Open Swim 4-5:45pm	Lap Swim 4:00-4:45pm pm
Montpelier Senior Activity Center (MSAC) 5-6pm	In the Deep Shari 5-6pm	Member Open Swim 5-6 pm	Aqua Aerobics Sue V. 5-6pm	Montpelier Senior Activity Center (MSAC) 5-6pm	Lap Swim 5:45-6:45pm pm	
Member Open Swim 6-7pm	Member Open Swim 6-8 pm	Swim Club 6-7:30pm	Member Open Swim 6-8 pm	Public/Member Open Swim Pay at Front Desk 6-7:45pm		PLEASE NO CHILDREN OR LOUD VOICES DURING AQUA AEROBICS
Lap Swim 7-8:45 pm		Lap Swim 7-8:45 pm				

The Hot Tub will be cleaned at 6pm on Saturdays and 8pm Wednsdays.
 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.