

# Aquatics Schedule

effective 11/24/18

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 <b>MSAC Only</b> Pool Closed Ann 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	Montpelier Senior Activity Center (MSAC) 10-11 am	MSAC Aerobics <b>MSAC Only</b> Pool Closed Ann 10-11 am	Member Open Swim 10-1 pm	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 5-7:30 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- 7:30pm	Member Open Swim 6-8 pm		Member Open Swim 6-8 pm	Public/Member Open Swim Pay at Front Desk 6-7:45pm	2 Lap Lanes will be available with the <u>exception</u> of the aqua classes when a single lap lane will be open.	
Lap Swim 7:30-8:45 pm	Lap Swim 8-8:45pm	Lap Swim 7:30-8:45 pm	Lap Swim 8-8:45pm	PLEASE NO CHILDREN OR LOUD VOICES DURING AQUA AEROBICS		

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.