

Day	Time	Class	Class Date Changes:
<b>Monday</b>			
	5:00-7:30a	Open Swim	
	7:30-9:00a	Reserved for Fitness Members	
	<b>9:00-9:55a</b>	<b>Hydro-Fit®</b>	
	10:00a-4:15p	Reserved for Fitness Members	<b>2/18, 3/4 Schools Out Open Swim 12:00-2:00p</b>
	<b>4:15-9:00p</b>	<b>Swim School</b>	
<b>Tuesday</b>			
	5:00-9:40a	Reserved for Fitness Members	
	<b>9:40-10:30a</b>	<b>Hydro-Fit®</b>	
	10:30-11:00a	Reserved for Fitness Members	
	11:00a-12:00p	<b>Warren Township Senior Center Hydro-Fit®</b>	
	12:00-4:00p	Open Swim	
	<b>4:15-6:00p</b>	<b>Swim School</b>	
	<b>6:05-6:50p</b>	<b>Water Warriors</b>	
	6:50-9:00p	Reserved for Fitness Members	
<b>Wednesday</b>			
	5:00-7:00a	Open Swim	
	7:30-9:40a	Reserved for Fitness Members	
	<b>9:40-10:30a</b>	<b>Hydro-Fit®</b>	
	10:30a-1:00p	Open Swim	
	1:00p-4:00p	Reserved for Fitness Members	
	<b>4:15-9:00p</b>	<b>Swim School</b>	
<b>Thursday</b>			
	5:00-8:30a	Reserved for Fitness Members	
	<b>8:30-9:25a</b>	<b>Hydro-Fit®</b>	
	9:30-11:00a	Reserved for Fitness Members	
	<b>11:00a-12:00p</b>	<b>Warren Township Senior Center Hydro-Fit®</b>	
	12:00-4:15p	Open Swim	
	<b>4:15-6:00p</b>	<b>Swim School</b>	
	<b>6:05-7:00p</b>	<b>Hydro-Fit®</b>	
	7:00-9:00p	Reserved for Fitness Members	
<b>Friday</b>			
	5:00-7:30a	Open Swim	
	7:30-9:00a	Reserved for Fitness Members	
	<b>9:00-9:55a</b>	<b>Aqua Yoga</b>	
	10:00-11:00a	Reserved for Fitness Members	
	11:00a-12:00p	<b>Warren Township Senior Center Hydro-Fit®</b>	
	12:00-4:15p	Reserved for Fitness Members	
	<b>4:15-6:00p</b>	<b>Swim School</b>	
	6:00-9:00p	Open Swim	

Day	Time	Class	Class Date Changes:
<b>Saturday</b>			
	7:00-8:00a	Swim School	
	8:00-8:55a	Hydro-Fit®	
	9:00a-12:30p	Swim School	
	12:30-3:00p	Reserved for Fitness Members	
	3:00-7:00p	Open Swim	
<b>Sunday</b>			
	8:00-10:00a	Reserved for Fitness Members	
	10:00a-12:15p	Swim School	
	12:15-2:15p	Open Swim	
	2:15-5:00p	Swim School	
	5:00-7:00p	Open Swim	

**Note:**

This schedule is subject to change without notice.

**Fitness member lap lanes will be reduced to one lane during designated Hydro-Fit times.**

Please visit our website for the most up to date calendar.

<b>Open Swim</b>	<p>Available to Fitness Members, Childcare Add-on Members, Pool Pass Members and those wishing to pay the \$6.00 daily fee</p> <p>Great for family time in the water! Games, toys, etc. will be allowed as long as the use of them does not create a safety hazard for self or others. A parent must be in the water with children under eight years of age. A lap lane will be provided as necessary during open swim times for those that wish to swim laps. (Any other time attendance is low, a lane line can be added by request to the lifeguard on duty.)</p>
<b>Reserved for Fitness Members</b>	<p>For Fitness Members 12 years of age or older. No children under the age of 12 are allowed during these times</p>
<b>Swim School</b>	<p>For registered swim school participants only. Fitness members will only be able to utilize the hot tubs during this time.</p>
<b>Hydro-Fit®, Aqua Yoga &amp; Water Warriors</b>	<p>For Fitness members age 12 or older with the Group Ex Add-on option and those with the 10-visit punch pass only. <b>Please Note:</b> Aquatic fitness classes may share the pool with fitness members <b>Daily Drop-In Fee: \$12.00 or 10 Punch Card Pass: \$70.00</b></p> <p>Aquatic group exercise classes are designed to give you a great, low impact work out and challenge your body in ways you just can't on land!</p> <p><b>Hydro-Fit®:</b> This class uses aerobic/strength training with intervals of modified Pilates moves to challenge and strengthen your core. Some work in deeper water to maximize aquatic benefits.</p> <p><b>Water Warriors:</b> This class combines aquatic kick boxing and HIIT for the ultimate in-water workout!</p> <p><b>Aqua Yoga:</b> Learn ways to stretch and move your body with the support of the water. Using classical yoga postures adapted for the water, this class is designed for soothing joint and muscle pain, as well as relieving stress. Experience release, freedom and ease in this low impact mind/body water class.</p>