

INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY	LAP SWIMMING AND WATER THERAPY ONLY
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		DEEP WATER AEROBICS		DEEP WATER AEROBICS			
4:30 PM							
5:00 PM			LAP SWIMMING AND WATER THERAPY ONLY		LAP SWIMMING AND WATER THERAPY ONLY		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							

Lake House Water Fitness Class Schedule

Splashers
Monday & Wednesday * 8:00AM—9:00AM

Water Aerobics
Tuesday, Thursday, & Friday * 8:00AM—9:00AM

Deep Water Aerobics
Tuesday & Thursday * 4:00PM—5:00PM

**During the above classes, Lane 5 will remain
OPEN for LAP SWIMMING ONLY**

During **Seabrook Swim**,
follow the lane designations below:

	Lane 1 - Water Therapy	Lane 2 - Lap Swimming	Lane 3 - Lap Swimming	Lane 4 - Open Swim	Lane 5 - Open Swim
Stairs					

**TOWELS ARE NOT PROVIDED FOR THE POOL AREA. PLEASE BRING ONE.
SHOWER TOWELS IN THE LOCKER ROOMS ARE NOT PERMITTED IN THE POOL AREA.
THANK YOU.**