



AQUATICS & POOL SCHEDULE

MONDAY

Time	Activity
5:00-8:10am	Adult Open Swim
8:15-9:00am	Aqua Interval
9:05-9:25am	Adult Open Swim
9:30-10:20am	Aquafit
10:25am-5:55pm	Adult Open Swim
6:00-6:50pm	Aqua Boot Camp
6:55-10:45pm	Adult Open Swim

TUESDAY

Time	Activity
5:00am-1:55pm	Adult Open Swim
2:00-3pm	H2O in Motion
3:00-5:25pm	Adult Open Swim *Private swim lessons possible during this time*
5:30-6:20pm	Interval Aquafit
6:30-7:45pm	Youth Swim Lessons
7:45-10:45pm	Adult Open Swim

WEDNESDAY

Time	Activity
5:00-8:10am	Adult Open Swim
8:15-9:00am	Aqua Interval
9:05-9:25am	Adult Open Swim
9:30-10:20am	Aquafit
10:25am-3:55pm	Adult Open Swim
4:00-5:50pm	Youth Swim Lessons
6:00-6:50pm	Aqua Boot Camp
6:55-10:45pm	Adult Open Swim *Private swim lessons possible during this time*

THURSDAY

Time	Activity
5:00-8:10am	Adult Open Swim
8:15-9:00am	Water Yoga
9:05am-1:55pm	Adult Open Swim
2:00-3pm	H2O in Motion
3:00-5:15pm	Adult Open Swim *Private swim lessons possible during this time*
5:15-7:45pm	Youth Swim Lessons
7:45-10:45pm	Adult Open Swim *Private swim lessons possible during this time*

FRIDAY

Time	Activity
5:00-8:10am	Adult Open Swim
8:15-9:00am	Aquafit
9:05-9:25am	Adult Open Swim
9:30-10:20am	Aquafit
10:30am-12:15pm	Toddler Swim Lessons
12:15-4:00pm	Adult Open Swim *Private Lessons possible during this time*
4:00-6:00pm	Family Swim
6:00-7:00pm	Adult Open Swim
7:00-9:00pm	Family Swim
9:00-9:45pm	Adult Open Swim

SATURDAY

Time	Activity
7:00-7:55am	Adult Open Swim
8:00-8:45am	Aqua Interval
9:-9:20am	Adult Open Swim
9:25am-12:20pm	Youth Swim Lessons
12:25-4:00pm	Adult Open Swim *Private swim lessons possible during this time*
4:00-6:00pm	Family Swim
6:00-6:45pm	Adult Open Swim

SUNDAY

Time	Activity
7:00-8:55am	Adult Open Swim
9:00-9:50am	Aquafit
9:55-10:20am	Adult Open Swim
10:25am-1:15pm	Youth Swim Lessons
1:20-4:00pm	Adult Open Swim *Private lessons possible during this time*
4:00-6:00pm	Family Swim
6:00-6:45pm	Adult Open Swim

Adult Open Swim

Adults 18 years and older may swim when there are no other activities in the pool.

Family Swim

Friday, Saturday and Sunday evenings the pool is open for family swim. Adults must accompany children. Children are only allowed in the pool during family swim times and when participating in swim lessons. Children MUST use pool area locker rooms.

Swim Lessons

Infant and toddler classes are offered as well as Red Cross levels 1-6. Instructor to student ratio as low as 1:4. Call the pool office at 585.586.7777 for more information.

Private Swim Lessons

Youth swim lessons are available. These lessons are held during Adult Open Swim times. Please contact the Pool Director/Pool office at 585.586.7777 or pool@athleticapex.com.

Please see group fitness schedule for all water fitness class descriptions.

Pool Features: 20-yard heated pool kept around 89 degrees, Salt Pure Water, 3.25-4.5 feet deep, Adult Whirlpool, Adjoining locker rooms & showers