



# POOL SCHEDULE

Naik Family Branch

August 1st-August 14th

**\*\*Pool schedule subject to change \*\*** updated 7/19/2022

## Mystic Pool

### Lap Swim

Lane availability is indicated in parentheses

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00AM-8:25AM (6)	5:00AM-8:25AM (6)	5:00AM-8:25AM (6)	5:00AM-8:25AM (6)	5:00AM-8:25AM (6)	6:00AM-7:55AM (6)	6:00AM-8:55AM (6)
	8:30AM-9:30AM (3)	8:30AM-9:30AM (3)	8:30AM-10:30AM (2)	8:30AM-10:00AM (3)	8:30AM-10:00AM (3)	8:00AM-12:30PM (3)	9:00AM-9:55AM (1)
	9:30AM-9:55AM (6)	10:30AM-12:00PM (6)	10:30AM-12:00PM (6)	10:00AM-10:55AM (3)	11:00AM-12:00PM (6)	12:35PM-3:45PM (4)	10:00AM-12:15PM (3)
	11:00AM-12:00PM (6)	3:00PM-5:15PM (4)	3:00PM-6:15PM (4)	11:00AM-12:00PM (6)	3:00PM-5:00pm (4)		12:15PM-3:45PM (4)
	12:00PM-4:00PM (4)	5:15PM-7:45PM (6)	6:15PM-7:45PM (6)	3:00PM-4:10PM (4)	5:00PM-7:45PM (6)		
	4:00PM-6:15PM (4)			4:10PM-5:15PM (3)			
	6:15PM-7:45PM (6)			5:15PM-7:45PM (6)			

### Water Ex Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise	10:00AM-10:55AM (6)		8:30-9:25AM (4)		10:00AM-10:55AM (6)		
Variety Water Ex Class							9:00AM-9:55AM (5)
Deep Water		9:30AM-10:25AM (6)					
Senior Water Workout			9:30-10:25AM (4)	10:00AM-10:55AM (3)			

### Family Swim

Children 6 and younger must be within and arm's reach of an adult at all times. All children under 17 are swim tested.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		3:00PM-5:00PM (2)	3:00PM-4:00PM (2)	3:00PM-4:00PM (2)	3:00PM-5:00PM (2)	12:35PM-3:45PM (2)	12:15PM-3:45PM (2)

- All swimmers 17 and under must take a swim test in order to swim in the deep end.
- Swimmers who choose not to test, or those who do not pass the test, must remain in the shallow end.
- Swimmers who do not pass the swim test and do not meet the height requirement must also wear a PFD.
- One adult can be responsible for no more than 3 non swimmers at a time in the pool.
- Please share lanes during lap time, circle swimming is recommended.
- Lanes may be used for **Private Swim Lessons, Birthday Parties or Lifeguarding Classes.**

**\*\*Rainy days pool schedule is subject to change to accommodate for camp.\*\***

### WATER EXERCISE CLASS DESCRIPTIONS

All classes use shallow and deep ends of the pools.

#### Aquacise

Medium to high intensity work out, with light to medium impact. This class will help improve flexibility, and mobility; tones and strengthens muscles; increases stamina and energy.

#### Deep Water

Focus on deep water HIIT and emphasis on core strength.

#### Variety Water Ex Class

Teachers will rotate won a weekly basis to provide a workout that they specialize in.

#### Senior Water Workout

Shallow water choreographed exercise using kick boards and noodles for a total body workout.

