

Effective 3/1/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30 - 8:55 am	Lap Swim 5:30 - 8:55 am	Lap Swim 5:30 - 8:55 am	Lap Swim 5:30 - 8:55 am	Lap Swim 5:30 - 8:55 am	Pool Opens at 7:00 am	Pool Opens at 7:00 am
					Lap Swim 7:00 - 8:00 am	Lap Swim 7:00 - 9:00 am
Aqua Fitness 9:00 - 9:55am	Aqua Fitness 9:00 - 9:55am	Aqua Fitness 9:00 - 9:55am	Aqua Fitness 9:00 - 9:55am	Aqua Fitness 9:00 - 9:55am	Aqua Fitness 8:00 - 8:55am	Swim Lessons
ECE Lessons 10:00 - 11:00 am	ECE Lessons 10:00 - 11:00 am	ECE Lessons 10:00 - 11:00 am	ECE Lessons 10:00 - 11:00 am	ECE Lessons 10:00 - 11:00 am	Swim Lessons 9:00 - 11:15 am	9:00 - 11:15 am
1/2 Open Swim 1/2 Lap Swim 11:00 - 3:15 pm	1/2 Open Swim 1/2 Lap Swim 11:00 - 3:15 pm	1/2 Open Swim 1/2 Lap Swim 11:00 - 3:15 pm	1/2 Open Swim 1/2 Lap Swim 11:00 - 3:15 pm	1/2 Open Swim 1/2 Lap Swim 11:00 - 3:15 pm	1/2 Open Swim 1/2 Lap Swim 11:15 - 2:30 pm	1/2 Open Swim 1/2 Lap Swim 11:15 - 2:30 pm
Swim Lessons 3:15 - 5:15 pm	ASEP Lessons 3:15 - 4:15 pm	Swim Lessons 3:15 - 5:15 pm	ASEP Lessons 3:15 - 4:15 pm	ECE Lessons 3:30 - 4:00 pm	Birthday Rental* 2:30 - 3:30 pm	Special Olympics 2:30 - 3:30 pm
Swim Clinic 5:30 - 7:30 pm*	1/2 Open Swim 1/2 Lap Swim 4:30 - 6:00 pm	1/2 Open Swim 1/2 Lap Swim 5:30 - 9:15 pm*	Swim Clinic 4:00 - 5:30 pm*	1/2 Open Swim 1/2 Lap Swim 4:00 - 5:45 pm**	Family Swim 3:30 - 5:45 pm**	Family Swim 3:30 - 5:45 pm**
	Special Olympics 6:00 - 7:00 pm		1/2 Open Swim 1/2 Lap Swim 5:30 pm - 7:00 pm			
1/2 Open Swim 1/2 Lap Swim 7:30 - 9:15 pm*	Hydro Fit 7:00 - 8:00 pm	1/2 Open Swim 1/2 Lap Swim 8:00 - 9:15 pm*	Aqua Zumba 7:00 - 8:00 pm	* If there is no rental, there will be family swim For more info, contact the Aquatics Director, Pablo Olivares, at (518) 377 - 8803 x254		
	1/2 Open Swim 1/2 Lap Swim 8:00 - 9:15 pm*		1/2 Open Swim 1/2 Lap Swim 8:00 - 9:15 pm*			
*Facility Closes at 9:30 pm **Facility Closes at 6 pm						



Swim Categories

Aqua Fitness	This is a low impact, aquacise class at a moderate intensity. Great for people who are trying to get into the swing of exercising and do not want to overdo it. This class is held in the shallow end of the pool. (\$6/class; \$45/10 classes; \$250/full session; Members FREE)
Hydro Fit	High intensity, low impact workout in the pool that will increase both cardiovascular and muscular endurance and strength. Floation devices used. (\$6/class; \$45/10 classes; \$250/full session; Members FREE)
Lap Swim	Lap swim is for individual swimming of continuous laps.
Open Swim	Free swim for adults and children. Lap swim is permitted, but does not have to be a priority.
Family Swim	Adults and children swim; lap swim is prohibited.
Swim Team	Our swim team has the pool reserved for practice during these times. Our team is open to kids age 6 - 18 years old. We encourage anyone who can swim a lap of the pool (down and back) to join!

All children 12 years of age and under must be accompanied by a parent or guardian,18 years of age or older, while in the pool.

All children 13 - 16 years of age must have a parent or guardian,18 years of age or older, in the building while they are in the pool area.

No children under the age of 6 are permitted in the whirlpool.

Children 6 - 16 years of age are permitted in the whirlpool only if accompanied by a parent or guardian,18 years of age or older, in the whirlpool.