

MAY 13 - 19

POOLS SCHEDULE



PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING IN TO THE FACILITY. THERE WILL BE NO ONLINE OR PHONE-IN REGISTRATION

FITNESS POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	AQUA Megan	AQUA: FIT & STRETCH Heidi	AQUA Anna		AQUA Margarita	AQUA Carol	
10:00AM		AQUA: YOGA Heidi					
LESSONS	NO SWIM LESSONS	3:30-6:30PM	2 - 5PM	10 - 11AM & 3:30-6:30PM	NO SWIM LESSONS	10AM - 12PM	NO SWIM LESSONS
<i>first come/first serve</i>	OPEN USE 5-9AM, 10AM - 8:30PM	OPEN USE 5-9AM, 11AM - 3:30PM & 6:30-8:30PM	OPEN USE 5-9AM, 10AM - 2PM & 5-8:30PM	OPEN USE 5AM - 3:30PM & 6-8:30PM	OPEN USE 5-9AM & 10AM-8:30PM	OPEN USE 7-9AM & 12PM - 6:30PM	OPEN USE 8AM - 6:30PM

AQUA: A ONE HOUR WATER EXERCISE PROGRAM IN THE FIT POOL.

AQUA: FIT & STRETCH - IS A LOW IMPACT WATER AEROBIC CLASS AND WILL CHALLENGE ALL MAJOR MUSCLE GROUPS AND LEAVE YOU FEELING STRONGER, MORE FLEXIBLE AND VERY REFRESHED!

AQUA: YOGA - THIS UNIQUE STYLE OF YOGA IS PERFORMED IN OUR WARM FITNESS POOL. MEDITATIVE MOVEMENT, BREATH PRACTICES AND FLOW ARE ALL EXPERIENCED IN THE RELAXING, BUOYANT ENVIRONMENT OF WATER.

THE FITNESS POOL IS AVAILABLE FIRST COME FIRST SERVED DURING OPEN USE HOURS.

LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM		LAP SWIM W/O Dania		LAP SWIM W/O Dania			
9:00AM						LAP SWIM W/O Don	
LESSONS		SWIM LESSONS 3:30 - 5:00PM LANES 1, 2, 3, 4		SWIM LESSONS 3:30 - 5:00PM LANES 1, 2, 3, 4			
5:30PM	LAP SWIM W/O Bob LANES 2, 3, 4						
RESERVE LANE	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 7-9AM & 10:30AM - 6:30PM	RESERVATIONS 8AM - 6:30PM

LAP SWIM W/O:

A COACHED LAP SWIM WORKOUT (W/O). ALL AGES AND LEVELS WELCOME.

POOL LANES ARE CLOSED FOR NON-CLASS PARTICIPANTS DURING THESE HOURS.

LAP POOL RESERVATIONS:

- THE LAP POOL IS AVAILABLE FOR USE BY RESERVATION ON THE FREE NAPA HEALTHQUEST APP. VISIT THE FRONT DESK FOR HELP WITH USERNAME AND PASSWORD SET UP.

HEALTHQUEST OFFERS TWO SWIMMING POOLS, EACH WITH A DIFFERENT FUNCTION.

OUR LARGER POOL IS A 25 YARD **LAP POOL** AND IS KEPT BETWEEN 77 AND 79 DEGREES, THE PERFECT TEMPERATURE FOR SWIM EXERCISE. WE OFFER SEVERAL PROGRAMS IN THIS POOL, HOWEVER, IF YOU DO NOT WISH TO PARTICIPATE IN THE PROGRAMMING, PLEASE CHECK THE SCHEDULE FOR OUR OPEN SWIM TIMES.

OUR SMALLER **FIT POOL** IS COVERED AND KEPT AT A WARMER TEMPERATURE MAKING IT PERFECT FOR REHABILITATIVE EXERCISE AND CHILDREN'S SWIM LESSONS.

THIS POOL SCHEDULE CHANGES ON A MONTHLY BASIS.