

JANUARY 22 - 28

# 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 Megan		AQUA Margarita	AQUA Carol	
LESSONS	NO SWIM LESSONS	3:30-6PM	NO SWIM LESSONS	3:30-6PM	NO SWIM LESSONS	10AM - 12PM	NO SWIM LESSONS
<i>first come/first serve</i>	OPEN USE 5-9AM & 10AM-8:30PM	OPEN USE 5AM - 3:30PM & 6-8:30PM	OPEN USE 5-9AM, 10AM-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.  
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 Joe	
LESSONS		SWIM LESSONS 3:30 - 6:00PM LANES 1, 2, 3, 4		SWIM LESSONS 3:30 - 6:00PM 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.
  - RESERVATIONS ARE 30 MINUTES EACH. TWO RESERVATIONS ARE ALLOWED PER DAY AND CAN BE CREATED THE DAY PRIOR.
  - IF YOU CANNOT MAKE IT TO YOUR RESERVATION, PLEASE CANCEL YOUR LANE ON THE APP SO ANOTHER MEMBER CAN SWIM.
  - IF YOU ARRIVE 10 MINUTES LATE TO YOUR LANE RESERVATION, THE REMAINING 20 MINUTES OF YOUR RESERVATION MAY BE USED BY ANOTHER SWIMMER. YOU WILL HAVE FORFEITED THE REMAINDER OF YOUR HALF HOUR RESERVATION.

**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.