

# Del E. Webb Wellness Center Pool Schedule

11/26/2018 10:13 AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00am - 6:00am	Adult Open/Exercise & Lap Swim (1)		Lap Swim (2-6)			<b>CLOSED</b>		
6:00am - 7:00am	Adult Open/Exercise (1-2)		Lap Swim (3-6)					
7:00am - 9:00am	Adult Open/Exercise (1-2)		Lap Swim (3-6)					
9:00am	AquaJog/Interval (1-3) Lap Swim (4-6)	Aqua Z @9:15 (1-3) Lap Swim (4-6)	Circuit (1-3) Lap Swim (4-6)	AquaJog/Endurance (1-3) Lap Swim (4-6)	Noodles (1-3) Lap Swim (4-6)		Aqua Z @9:15 (1-3) Lap Swim (4-6)	
10:00am	WaterWorks til 10:45 (1-3) Lap Swim (4-6)	EZ Does It til 10:45 (1-3) Lap Swim (4-6)	WaterWorks til 10:45 (1-3) Lap Swim (4-6)	EZ Does It til 10:45 (1-3) Lap Swim (4-6)	WaterWorks til 10:45 (1-3) Lap Swim (4-6)		Adult Open/Exercise (1-2) Lap Swim (3-4) <b>GLIDEFit</b> til 9:45 (5-6)	
11:00am - 12pm	Adult Open/Exercise (1-2) Lap Swim (3-6)	Adult Open/Exercise (1-2) Lap Swim (3-4) <b>GLIDEFit</b> til 11:45 (5-6)	Adult Open/Exercise (1-2)		Lap Swim (3-6)		Adult Open/Exercise (1-2) Lap Swim (3-6)	
12:00pm - 1:00pm	Adult Open/Exercise (1-2)		Lap Swim (3-6)			<p><i>Family Swim (1-2)</i> Lap Swim (3-6)</p>		
1:00pm - 3:00pm	<i>Family Swim (1-2)</i>		Lap Swim (3-6)					
3:00pm	Adult Open/Exercise (1-2)		Lap Swim (3-6)					
4:00pm	<i>Family Swim (1-2)</i> Masters/Workout Group <b>COACH DAY</b> (3-5) Lap Swim (6)	<i>Family Swim (1-2)</i> Masters(3-4) Lap Swim (5-6) <b>SWIM NEPTUNE Swim Team (6)@4:30</b>	<i>Family Swim (1-2)</i> Masters/Workout Group <b>COACH DAY</b> (3-5) Lap Swim (6)		<p><i>Family Swim (1-2)</i> Lap Swim (3-6)</p>			
5:00pm	<i>Family Swim (1-2)</i> Masters/Workout Group <b>COACH DAY</b> (3-5) Lap Swim til 5:30 (6) <b>5:30 SWIM NEPTUNE Swim Team (6)</b>	<i>Family Swim (1-2)</i> Lap Swim (3) Masters (4) <b>SWIM NEPTUNE Swim Team (5-6)</b>	<i>Family Swim (1-2)</i> Masters/Workout Group <b>COACH DAY</b> (3-5) Lap Swim til 5:30 (6) <b>5:30 SWIM NEPTUNE Swim Team (6)</b>	<i>Family Swim (1-2)</i> Masters/Workout Group <b>COACH DAY</b> (3-5) Lap Swim til 5:30 (6) <b>5:30 SWIM NEPTUNE Swim Team (6)</b>				
6:00pm - 7:00pm	Adult Open Exercise & Lap Swim (1)		Lap Swim (2)			<b>Pool Closes @5:45pm</b>		
7:00pm - 8:00pm	Adult Open Exercise & Lap Swim (1)		Lap Swim (2-3)					
8:00pm	Adult Open Exercise (1) Lap Swim (2-4)		<b>SWIM NEPTUNE Swim Team (5-6)</b>					
8:45pm	<b>CLOSED</b>							

(#'s) indicate lane assignments

\* program requires pre-registration and/or additional fee

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE