

INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
8:00 AM 8:30 AM		Splashers	Water Aerobics	Splashers	Water Aerobics	Water Aerobics				
9:00 AM 9:30 AM		SEABROOK SWIM	SEABROOK SWIM	SEABROOK SWIM	SEABROOK SWIM	SEABROOK SWIM				
10:00 AM 10:30 AM										
11:00 AM 11:30 AM										
12:00 PM 12:30 PM										
1:00 PM 1:30 PM										
2:00 PM 2:30 PM										
3:00 PM 3:30 PM										
4:00 PM 4:30 PM	DEEP WATER AEROBICS						DEEP WATER AEROBICS			
5:00 PM 5:30 PM							SEABROOK SWIM	SEABROOK SWIM	SEABROOK SWIM	SEABROOK SWIM
6:00 PM 6:30 PM										
7:00 PM 7:30 PM										

Lake House Water Fitness Class Schedule

Splashers
Monday & Wednesday * 8:00AM—9:00AM

Water Aerobics
Tuesday, Thursday, & Friday * 8:00AM—9:00AM

Deep Water Aerobics
Tuesday & Thursday * 4:00PM—5:00PM

**During the above classes, Lane 5 will remain
OPEN for LAP SWIMMING ONLY**

During **Seabrook Swim**,
follow the lane designations below:

Stairs	Lane 1 - Water Therapy	Lane 2 - Lap Swimming	Lane 3 - Lap Swimming	Lane 4 - Open Swim	Lane 5 - Open Swim
--------	------------------------	-----------------------	-----------------------	--------------------	--------------------

**TOWELS ARE NOT PROVIDED FOR THE POOL AREA. PLEASE BRING ONE.
SHOWER TOWELS IN THE LOCKER ROOMS ARE NOT PERMITTED IN THE POOL AREA.
THANK YOU.**