



Family Swim & Fitness Schedules

Schedule Effective September 7-26

This is a temporary recreation swim schedule covering the period of time when the Olympic Outdoor pool is closed for maintenance. Monday-Thursday 7:00-8:30pm Open Recreation Swims will resume on September 27. Parent Child Swim times will change to regular times when swim lessons begin on September 27. See schedule in program guide or online.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-2:30pm Parent Child Swim (CP)	8:30-2:30pm Parent Child Swim (CP)	8:30-2:30pm Parent Child Swim (CP)	8:30-2:30pm Parent Child Swim (CP)	8:30-2:30pm Parent Child Swim (CP)	8:00 -1:00pm Parent Child Swim (CP) <i>Sept 11th only</i>	9:00 - 11:00am Parent Child (CP) 11:00-1:00pm Family Swim (IP.CP)
3:30-7:15pm Parent Child Swim (CP)	3:30-7:15pm Parent Child Swim (CP)	3:45-7:15pm Parent Child Swim (CP)	3:30-7:15pm Parent Child Swim (CP)	3:30-6:30pm Parent Child Swim (CP) <i>Sept 10th only</i>	1:00 - 4:00 pm Open Recreation Swim (IP/CP)	1:00—4:00 pm Open Recreation Swim (IP/CP)
				6:30–9:00 pm Open Recreation Swim (IP/CP))	The Outdoor Activity Pool will be open weekends 1-4 pm weather permitting on September 11-12 & 18-19.	

IP- Indoor Pools CP- Children's Indoor Pool

Open Recreation Swim - Swimming fun for everyone! Features include low and high diving boards, rope swing, water basketball, inner tubes, mats and more! Outdoor activity pool slide and features will be open during afternoon swims. Recreation swims are open to all ages, however, children 6 years and under must be supervised by a responsible person 14 years or older. The small children's pool is reserved for children 6 years and under or non-swimmers. Fee: JSFC pass or drop-in fee: ages 3-15 \$3.50; ages 16-18 \$4.50; adult \$5.50; ages 2 and under are free with paying adult.

Family Swim - A families only time in the outdoor activity pool. This is a great alternative for families looking for a quieter time than open recreation swim times. All children must be accompanied by an adult. Fee: JSFC general pass or drop in fee: ages 3-15 \$3.50; ages 16-18 \$4.50; adult \$5.50; ages 2 and under are free with paying adult.

Parent-Child Swim - Special time for children 6 years & younger and their parents in the indoor children's pool. **Adult supervision is required in the water with all children.** Swim diapers are required for all children who are not potty trained. Fee: JSFC general pass or drop-in fee. Ages 3-6 \$3.50; adult \$5.50; ages 2 and under are free with paying adult.

Fitness Schedule for Youth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15-10:25am Fit Kids Niastatic*		9:15-10:25am Fit Kids Niastatic*	9:15-10:25am Fit Kids Yoga* 10:30-11:45am Fit Kids Yoga*	8:00-11:00 am Teen Time Fitness Center
3:00-7:30 pm Teen Time Fitness Center	3:00-7:30 pm Teen Time Fitness Center	3:00-7:30 pm Teen Time Fitness Center	3:00-7:30 pm Teen Time Fitness Center	3:00-7:30 pm Teen Time Fitness Center	
4:15 pm \$ Teen Orientation	4:15 pm \$ Teen Orientation	4:15 pm \$ Teen Orientation	4:15 pm \$ Teen Orientation	\$ - Additional fee	
4:15-5:25pm Fit Kids Zumbatomic*	4:15-5:25pm Fit Kids Yoga*	3:00-4:00pm Fit Kids Zumbatomic*	4:15-5:25pm Fit Kids Yoga*		*Call to reserve your spot

Ages 0-6 years

Kid's Corner is where our trained staff provides a nurturing, fun and safe environment for your children ages 6 weeks-6 years while you exercise. Hours: Monday - Friday 8:00am-1:00pm; Monday-Thursday 4:10 -7:00 pm; Saturday 8:00 - 11:00am. Drop in fee: \$3.50 per hour per child or 10 hours for \$25

Fit Kids classes begin the week of Sept, 13th.

Fit Kids—Ages 4-11 years

Fit Kids - Yoga Active yoga poses and fitness games promote a creative mind, healthy body and open heart. The goal is to help young kids live a healthy lifestyle by showing them fitness is fun! Fee: Current Family or Youth Fitness pass

Fit Kids – Zumbatomic Kids will be introduced to different dance styles and rhythms, along with fun music, games and discussions. Kids will be active, safe and frustration-free in the dance-based fitness class. Fee: Current Family or Youth Fitness pass

Fit Kids—Niastatic This unique fitness class blends a little bit of rhythm, dance, martial arts, imagination, body education and a whole lot of fun! Fee: Current Family or Youth Fitness pass

Ages 12 years & up

Fitness Center use

All teens ages 12-17 must attend a teen fitness center orientation and have a signed parental waiver on file before using the fitness center. After completing the orientation, individuals ages 16-17 may use the fitness center at any time. Youth ages 12-15 may use the fitness center only during our supervised Teen Time or with parental supervision. Youth under the age of 12 years old are not allowed in the fitness center.

Teen Time - Supervised time in the fitness center where teens can work out together.

Teen Orientations – These in-depth training sessions are designed to teach safe and effective use of all equipment, components of fitness, exercise principles, weight training techniques and fitness center etiquette and policies. A parental waiver is required. Fee: \$12

Teens can also attend any group exercise classes with signed parental waiver.