

## Fitness Inc Pool Schedule

### Will Reece - Pool Director - 233-8035

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:15 am	 Silver Splash®	Aqua Circuit	 Silver Splash®	Aqua Interval	 Silver Splash®		
8:00 am	“	“	“	“	“	Lap Swim	
8:15 am	Aquanastics	Lap Swim	Aquanastics	Lap Swim	Aquanastics	“	
9:45 am	Lap Swim	“	Lap Swim	“	Lap Swim	“	
10:00 am	“	“	“	“	“	“	Lap Swim
11:00 am	Aquanastics	Aquanastics	Aquanastics	Aquanastics	Aquanastics	“	“
12:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
1:30 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	“	“
4:15 pm	Children's Lessons Beginning Swim Team	Children's Lessons	Children's Lessons Beginning Swim Team	Children's Lessons	“	“	“
5:15 pm	Swim Team	“	Swim Team	“	Swim Team	“	“
6:15 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	“	
7:15 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	“	
10:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		

### Metro Pool Schedule - 232-4541

5:00 pm	Aquanastics		Aquanastics		Aquanastics		
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**METRO POOL IS OPEN SWIM ALL OTHER TIMES. METRO IS AN ADULT ONLY FACILITY AGE 16+.**

**Subject to Change: All classes must have a minimum of Five people to conduct classes.**

**By Idaho State Law, ALL Children under 14 MUST be accompanied by an adult.**

**SILVERSPLASH® CLASS DESCRIPTION:** Activate your aqua exercise urge for variety! **SILVERSPLASH®** offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special

**SILVERSPLASH®** kick-board is used to develop strength, balance, and coordination.