

# Crystal Lake Indoor Pool Schedule | BEGINS January 7 2019

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|---|---|---|---|---|--|--|
| <b>AQUA PUMP</b><br>9-10am (W)<br>Lap Pool  | <b>AQUA ZUMBA</b><br>8:30-9:15am (W)<br>Lap Pool                            | <b>HYDRO HIIT</b><br>9-9:45am (W)<br>Lap Pool   | <b>AQUA PUMP</b><br>8:30-9:30am (W)<br>Lap Pool                         | <b>FLUID FUSION</b><br>9-10am (W)<br>Lap Pool                           | <b>AQUA PUMP</b><br>8-9am (W)<br>Lap Pool  | <b>OPEN SWIM</b><br>Open to 12pm &<br>4pm to close |
| <b>AWE 1</b> (NM,\$)<br>9:45am-1pm<br>Therapy Pool                                    | <b>AWE 1</b> (NM,\$)<br>9:30am-10:30am<br>Therapy Pool                      | <b>AWE 1</b> (NM,\$)<br>9:45am-1pm<br>Therapy Pool                                    | <b>AWE 1</b> (NM,\$)<br>9:30am-10:30am<br>Therapy Pool                  |   |  |  |
|   | <b>AWE 2</b> (NM,\$)<br>10:30-11:30am<br>Leisure Pool                       | <b>MS WATER EXERCISE</b><br>(NM,\$)<br>10:00-10:45am<br>Lap Pool                      | <b>AWE 2</b> (NM,\$)<br>10:30-11:30am<br>Leisure Pool                   | <b>MS WATER EXERCISE</b><br>(NM,\$)<br>10:00-10:45am<br>Lap Pool        | <b>SAGE CANCER CENTER</b><br><b>WATER FITNESS</b> (NM,\$)<br>10:00-10:45am<br>Lap Pool/Therapy |  |
| <b>AQUA FITNESS</b><br>10:30-11:30am<br>Leisure Pool                                  |   | <b>AQUA FITNESS</b><br>10:30-11:30am<br>Leisure Pool                                  |   | <b>AQUA FITNESS</b><br>10:45-11:45am<br>Leisure Pool                    |  |  |
| Private Swim Lessons<br>throughout the day  | Private Swim Lessons<br>throughout the day                                  | Private Swim Lessons<br>throughout the day  | Private Swim Lessons<br>throughout the day                              | Private Swim Lessons<br>throughout the day                              | Private Swim Lessons<br>throughout the day   | Private Swim Lessons<br>throughout the day         |
| <b>OPEN SWIM</b><br>5am-4:30p & 7:30p-<br>close                                       | <b>OPEN SWIM</b><br>5am-9am &<br>11:30am 4pm &<br>7:30p to close            | <b>OPEN SWIM</b><br>9am-4pm &<br>8pm to close   | <b>OPEN SWIM</b><br>9am-9:30am &<br>11:30am-3:30pm &<br>7:30pm to Close | <b>OPEN SWIM</b><br>most pools<br>9am-6pm &<br>8pm to close             | <b>OPEN SWIM</b><br>5am-9am & 5pm to close   | <b>OPEN SWIM</b><br>Open to 12pm &<br>4pm to close |
| <b>HammerHeads</b><br><b>Swim Team</b> 4:30-<br>5:30pm & 6:30-<br>7:30pm<br>Lap Pools | <b>Fintastic Tails:</b><br><b>A Mermaid Class</b> 6-<br>7pm<br>Leisure Pool | <b>HammerHeads</b><br><b>Swim Team</b> 4:30-<br>5:30pm & 6:30-<br>7:30pm<br>Lap Pools |   | <b>Fintastic Tails:</b><br><b>A Mermaid Class</b> 6-<br>7pm<br>Lap Pool | <b>Family Fitness</b><br>2-5pm   | <b>Family Fitness</b><br>12-4pm                    |
|   | Children's Swim Lessons<br>4-7:30pm Using all pools                         | Children's Swim Lessons<br>4:30-7:30pm Using all<br>pools                             | Children's Swim Lessons<br>4:30-7:30pm Using all<br>pools               | <b>Family Fitness</b><br>6-8pm  | Children's Swim Lessons<br>9am-12pm Using all<br>pools   |  |
| <b>H2O MASHUP</b><br>5:30-6:30pm (W)<br>Lap Pool                                      | <b>HYDROCORE+MORE</b><br>5:30-6:30pm (W)<br>Lap Pool                        |   | <b>Fitness Swim</b><br>5:30-6:30pm<br>3 Lap Lanes                       |   |  |  |



Health Bridge Fitness Center

**KEY:**  
 Mermaid classes are in the Lap and Leisure Pools using 2 lanes for 1 hour.  
 Family Fitness Time pools used are the Leisure and PT2.  
 Lap Pool is for members ages 12+  
 \$- Fee-based class. Registration required  
 NM -Non-members welcome for a fee.  
 Registration required W-  
 Class suitable for WellBridge program