

DECEMBER 2018

FACILITY & CLASS SCHEDULE | REV 11.27.18 v2



FACILITY HOURS

OPERATING HOURS

MON-THURS	4:30AM-10PM
FRIDAY	4:30AM-9PM
SAT/SUN	6AM-8PM

SPECIAL HOURS

DEC 16 STAFF CHRISTMAS PARTY	6AM-4PM
DEC 24 CHRISTMAS EVE	7AM-12PM
DEC 25 CHRISTMAS DAY	CLOSED
DEC 31 NEW YEAR'S EVE	7AM-12PM
JAN 1 NEW YEAR'S DAY	CLOSED

CHILD WATCH

MON-FRI	8AM-8PM
SATURDAY	8AM-3PM
SUNDAY	CLOSED

GAME ROOM

MON, TUES & THURS	4-8PM
FRIDAY	4-7PM
WED/SAT/SUN	CLOSED

GYMNASIUM

SPORTS COURT

Sports Court is for Members and Guest pass users.
Sports Court may be closed for programming or private events.

MON-THURS	12-4PM
FRIDAY	12-5PM
SAT/SUN	12-7PM

SPECIAL HOURS

DEC 6	12-5PM
DEC 7	CLOSED
DEC 16-22	CLOSED
DEC 24-25	CLOSED
DEC 31-JAN 1	CLOSED

PICK UP GAMES (HALF-COURT)

MON/WED (BASKETBALL)	6:30-9PM
TUES/THURS (VOLLEYBALL)	6:30-9PM

AQUATICS CENTER

SPECIAL HOURS

DEC 13	CLOSES AT 6PM
DEC 16	CLOSES AT 3:30PM
DEC 24 & DEC 31	CLOSES AT 11:30AM
DEC 25 & JAN 1	CLOSED

COMPETITION POOL

MON-FRI	7AM-8PM
	7AM-12PM Lap swim all lanes
	12:30-4PM Lanes 1-6 Lap swim lanes 7-14 open rec. swim
	4-6:30PM Lanes 1-5 closed for swim team, lanes 6-11 lap swim, deep water ex.
SAT/SUN	8AM-6PM
	8-10AM Lanes 1-14 lap swim, some lanes may be used for Learn-to-Swim program
	10AM-12PM, 12:30-3:30PM, 4-6PM Lanes 1-6 Lap swim, Lanes 7-14 open rec swim, Comp pool will stay open during pool break for adult lap swim lanes 1-6

JACUZZI

Follows Competition Pool hours, except for 6:30PM maintenance closure on Tuesdays.

ADVENTURE COVE

MON-FRI	10AM-12PM 12:30-3:30PM 4-6PM
	8-10AM, 6-7:30PM Water-walking
SAT/SUN	10AM-12PM 12:30-3:30PM 4-6PM
	8-10AM Water-walking

POOL FEATURES

The opening of pool sections, features, and slides will depend on the availability of lifeguard staffing.

WATER SLIDES

MON/WED/FRI	2-6PM
TUES/THURS	CLOSED
SAT/SUN	10AM-6PM

TUBE SLIDES, DIVING BOARD & ROCK WALLS

MON-FRI	12:30-4PM
SAT/SUN	10AM-6PM

All schedules subject to change. Aquatic Exercise classes may be cancelled due to weather conditions. Areas of Competition Pool may be unavailable for open swim during class times. For more current schedule, visit us online at KrocCenterHawaii.org.

Questions? Call us (808) 682-5505.

Free Wi-Fi available to members and guests. Please see our Member Services Desk or Fitness Desk for more information.

REMINDER: Outside food not permitted. Alcohol, tobacco and firearms strictly prohibited.

GROUP EX CLASS SCHEDULE

FOR SAFETY REASONS, PLEASE DO NOT ENTER A CLASS AFTER THE FIRST 10 MINUTES.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	GENTLE YOGA 7-7:50am, MinSoo Min. 1/Max. 35 ZUMBA 8:30-9:20am, Edelynn Min. 1/Max. 40 BODYPUMP® 9:30-10:20am, Anna Min. 1/Max. 27 FOREVER FIT 10:30-11:20am, Kim Min. 1/Max. 25 BODYPUMP® 5-5:50pm, Lori Min. 1/Max. 27 HIP HOP FITNESS 6-6:50pm, Christian Min. 1/Max. 25 BODYPUMP® 7-7:50pm, Katie Min. 1/Max. 27	TAI CHI 7-7:50am, Jerry Min. 1/Max. 35 TOTAL BODY CONDITIONING 8:30-9:20am, Kim Min. 1/Max. 30 TURBO KICK 9:30-10:20am, Lei Min. 1/Max. 28 YOGA 10:30-11:20am, Jackie Min. 1/Max. 28 HULA FITNESS 5-5:50pm, Dani Min. 1/Max. 30 ZUMBA 6-6:50pm, Dawne/Hana Min. 1/Max. 40 TOTAL BODY CONDITIONING 7-7:50pm, Dani Min. 1/Max. 30	TOTAL BODY CONDITIONING 5:30-6:20am, Kim Min. 1/Max. 40 GENTLE YOGA 7-7:50am, Carla Min. 1/Max. 35 ZUMBA 8:30-9:20am, Dela Min. 1/Max. 40 POWER SCULPT 9:30-10:20am, Carla Min. 1/Max. 25 ZUMBA GOLD 10:30-11:20am, Dela Min. 1/Max. 40 BODYPUMP® 5-5:50pm, Lori Min. 1/Max. 27 YOGA BASICS 6-6:50pm, Lori Min. 1/Max. 35 ZUMBA 7-7:50pm, Nisi Min. 1/Max. 40	TAI CHI 7-7:50am, Jerry Min. 1/Max. 35 STEP INTERVALS 8:30-9:20am, Kim Min. 1/Max. 25 BODYPUMP® 9:30-10:20am, Anna Min. 1/Max. 25 SENIOR CHALLENGE 10:30-11:20am, Kim Min. 1/Max. 30 HULA FITNESS 5:30-6:20pm, Dani Min. 1/Max. 30 BODYPUMP® 6:30-7:20pm, Lisa Min. 1/Max. 27 ZUMBA 7:30-8:20pm, Dawne/Hana Min. 1/Max. 40	BOOT CAMP 5:30-6:20am, Kim Min. 1/Max. 32 TOTAL BODY CONDITIONING 8:30-9:20am, Kim Min. 1/Max. 30 GENTLE YOGA 9:30-10:20am, Jess Min. 1/Max. 35 BODYPUMP® 10:30-11:20am, Katie Min. 1/Max. 27 ZUMBA 6-6:50pm, Molly Min. 1/Max. 40	ZUMBA 8:30-9:20am, Dela Min. 1/Max. 40 BODYPUMP® 9:30-10:20pm, Lisa Min. 1/Max. 27	ZUMBA 8:30-9:20am, Dela Min. 1/Max. 40 VINYASA YOGA 9:30-10:20am, Milena Min. 1/Max. 35
	DEC 24 • 7AM-12PM HOLIDAY SCHEDULE *STUDIO 1 GENTLE YOGA 7-7:50am, MinSoo ZUMBA 8:30-9:20am, Edelynn BODYPUMP 9:30-10:20am, Kristi	DEC 25 & JAN 1 CHRISTMAS DAY & NEW YEAR'S DAY CLOSED					
	DEC 31 • 7AM-12PM HOLIDAY SCHEDULE *STUDIO 1 GENTLE YOGA 7-7:50am, MinSoo ZUMBA 8:30-9:20am, Edelynn BODYPUMP 9:30-10:20am, Katie YOGA RECOVERY 10:30-11:30am, Jess	CYCLE 5:30-6:20am, Kim Min. 1/Max. 25 MOVEMENT MECHANICS 8:30-9:20am, Carla Min. 1/Max. 15 BEGINNER STEP 9:30-10:20am, Carla Min. 1/Max. 12 FOREVER FIT & BALANCED 10:30-11:20am, Carla Min. 1/Max. 25 BODYPUMP® 5-5:50pm, Brittany Min. 1/Max. 15 CYCLE 6-6:50pm, Anna Min. 1/Max. 25	CYCLE 8:15-9:05am, Becca Min. 1/Max. 25 YOGA 9:30-10:20am, Becca Min. 1/Max. 20 CORE 10:30-11:20am, Becca Min. 1/Max. 30 POP PILATES 5-5:50pm, Pinky Min. 1/Max. 15 CYCLE 6-6:50pm, Lisa Min. 1/Max. 25	SPIN INTERVALS 5:30-6:20am, Kim Min. 1/Max. 25 MAT FUSION 8:30-9:20am, Kekua Min. 1/Max. 15 START STRONG 9:30-10:20am, Kekua Min. 1/Max. 15 RECOVERY METHODS 10:30-11:20am, Jess Min. 1/Max. 15 TOTAL BODY CONDITIONING 5-5:50pm, Anna Min. 1/Max. 15 YOGA 6:30-7:20pm, Kat Min. 1/Max. 20	CYCLE 8:15-9:05am, Mandy Min. 1/Max. 25 ZUMBA GOLD 9:30-10:20am, Dela Min. 1/Max. 25 FOREVER FIT 10:30-11:20am, Mandy Min. 1/Max. 25 RESTORATIVE YOGA 5:30-6:20pm, MinSoo Min. 1/Max. 15	CYCLE 8:30-9:20am, Lisa Min. 1/Max. 25 YOGA FOUNDATIONS 9:45-10:35am, MinSoo Min. 1/Max. 20	
CARDIO & CORE 5:30-6:20am, Kim Min. 1/Max. 25 CYCLE 8:15-9:05am, Lisa Min. 1/Max. 25 CARDIO MIX 9:30-10:20am, Kim Min. 1/Max. 20 YOGA RECOVERY 10:30-11:20am, Jess Min. 1/Max. 15 TABATA 5-5:50pm, Milena Min. 1/Max. 15 VINYASA YOGA 6-6:50pm, Milena Min. 1/Max. 25	DEC 25 & JAN 1 CHRISTMAS DAY & NEW YEAR'S DAY CLOSED						
GYM LANAI	STRONG MOMS 8:30-9:20am, Jackie Min. 1/Max. 25			STRONG MOMS 8:30-9:20am, Carla Min. 1/Max. 25			

CLASS DESCRIPTIONS



AQUA FIT

This class can use just the water or buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning. Moreover, it adds variety and excitement to your exercise routine. All levels. Ages 13–15 must be accompanied by an adult.

AQUA TABATA

This class is a high intensity interval class performed in the water. This class is a fun and effective workout designed to torch calories. The greater intensity of this HIIT workout is tiresome, but brings about results in a shorter amount of time. All fitness levels. Ages 13–15 must be accompanied by an adult.

AQUA ZUMBA

Splashing, stretching, twisting, even shouting, laughing, are often heard during this class. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. All levels. Ages 13–15 must be accompanied by an adult.

BEGINNER STEP

Beginner step is the perfect workout that starts simply, then the moves become steadily more challenging. Building on an easy-to-learn base of moves, this workout allows you to hit the ground running and start burning calories immediately, instead of taking a long time to learn the moves before you can get a good workout.

BODYPUMP®

BODYPUMP® is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetitions (reps), BODYPUMP® gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. All levels. Ages 13–15 must be accompanied by an adult.

BOOT CAMP

An outdoor class that mixes interval training and strength exercises. This class will help promote camaraderie and team effort. Be ready to be pushed harder than you would push yourself. Hat, sunglasses, and sunblock recommended. All levels. Ages 13–15 must be accompanied by an adult.

CARDIO & CORE

This class offers a mix of Cardio formats and at least 10 minutes of core each class. All are welcome, from beginner to advanced. Ages 13–15 must be accompanied by an adult.

CARDIO MIX

This class will be different each week. It will have components of Strength training, Cardiovascular training and Core. All levels. Ages 13–15 must be accompanied by an adult.

CORE

Strengthen abdominals, obliques, back extensors and core stabilizers to improve appearance and function. All levels. Ages 13–15 must be accompanied by an adult.

CYCLE

If a challenge is what you're looking for, this is it! Whether you're training for a triathlon or riding for cardiovascular health, this class will get you there. Come enjoy the ride! See beginning option on Fridays. Ages 13–15 must be accompanied by an adult.

FOREVER FIT

Forever Fit targets the largest growing population: Baby Boomers or anyone getting over an injury. This strength class is designed for someone looking for a gentle or beginner strength class. You will be using equipment to work on toning all the major muscle groups, joint stability and balance. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

FOREVER FIT & BALANCE

Similar to Forever Fit with a large emphasis on balance. All levels. Ages 13–15 must be accompanied by an adult.

GENTLE YOGA

Ideal for beginners who want a slower pace with basic yoga postures, breathing techniques and relaxation. All levels. Ages 13–15 must be accompanied by an adult.

HIP HOP FITNESS

Hip Hop Fitness is a dance based cardio class. Be ready to have some fun as you dance combinations and Hip Hop moves to some of your favorite songs. You won't even realize you are working out. All levels. Ages 13–15 must be accompanied by an adult.

HULA FITNESS

Based on traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness, this is a total fun body workout. Dance workouts target different muscles in your body. It provides an increased strength and definition to your core with emphasis on the abs, glutes, quads and arms. All levels. Age 13–15 must be accompanied by an adult.

MASTER SWIM

Our newest aquatics class provides advanced swimmers (13+) the opportunity to further their skills. Swimmers will learn to build their endurance, stamina, and swimming techniques. Swimmers must be able to swim 200 yards continuously.

MAT FUSION

This mat based class fuses multiple, diverse exercise styles to strengthen and lengthen the body. All Levels. Ages 13–15 must be accompanied by an adult.

MOVEMENT MECHANICS

Sometimes going harder and faster isn't the best way to make the most of your training. This class will help you improve your fitness and see results sooner by focusing on your movement mechanics. Come and check out this highly motivating class and see how you can improve your form. All Levels. Ages 13–15 must be accompanied by an adult.

POP PILATES

A total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can. It's a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is FUN and effective. You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. All levels. Ages 13–15 must be accompanied by an adult.

POWER SCULPT

Create a leaner, stronger, more flexible body using classic sculpting, cardio and stretching techniques. An intense workout focusing on light weights and high reps using body bars and bands. Increase your strength and improve your definition while working on your muscular endurance. All fitness levels. Ages 13–15 must be accompanied by an adult.

RECOVERY METHODS

A balance of flexibility and mobility incorporating multiple principles of human kinetics. This class will provide various methods of relieving tight muscles and increasing joint mobility. Ages 13–15 must be accompanied by an adult.

RESTORATIVE YOGA

A form of yoga that seeks to achieve physical, mental and emotional relaxation. It is especially useful when you need to eliminate fatigue and stress that result from your daily activities. It can also help you recover from illness and injury or overcome emotional depression and anxiety that are caused by traumatic events such as divorce, loss of job and death of a beloved. All Levels. Ages 13–15 must be accompanied by an adult.

SENIOR CHALLENGE

Designed to increase balance, strength, agility, and cardiovascular health, this class will use a combination of bands, balls, dumbbells, barbells, and steps. This high-energy class will help build balance, confidence, and strength, and will challenge your body for overall health improvements. All levels. Ages 13–15 must be accompanied by an adult.

SPIN INTERVALS

This class is a combination of low impact cardio, on the bike, and strength training off the bike. This high energy tclass is designed to give you a great metabolic conditioning workout and help improve muscle endurance. You will alternate between cycle (heart rate elevating) and strength training (heart rate recovery). All levels. Ages 13–15 must be accompanied by an adult.

START STRONG

In this class we focus on learning technique. Each cycle will center around one compound lift and the smaller, complimentary, movements that can be incorporated. This class is designed for both beginners, as well as experienced lifters who want to refine their technique. All levels. Ages 13–15 must be accompanied by an adult.

STEP INTERVALS

A cardiovascular aerobic workout using the STEP and riser system. The simple choreography and fun moves will encourage the participant to work harder! Intervals will provide resistance training for muscular strength and endurance. All levels. Ages 13–15 must be accompanied by an adult.

STRONG MOMS

Strong Moms is a stroller-based fitness program designed for moms with little ones. Each session is a total body workout which will incorporate power walking, strength, toning, flexibility and balance. All levels. Ages 13–15 must be accompanied by an adult.

TABATA

This is a total-body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with high intensity, short duration exercises. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body. All levels. Ages 13–15 must be accompanied by an adult.

TAI CHI: MOVING FOR BETTER BALANCE

Tai Chi is endorsed by the Centers for Disease Control and Prevention as an effective intervention for preventing falls. Evidence based and community translated, Tai Chi has also been evaluated in the community setting, senior facilities and community centers. Research shows a decrease in falls of up to 55% of participants. It is a program that can be done standing, sitting or assisted. Ages 13–15 must be accompanied by an adult.

TOTAL BODY CONDITIONING

A workout designed to tone and define the body while strengthening the major muscles. Core training included. All levels. Ages 13–15 must be accompanied by an adult.

TURBO KICK

Turbo Kick LIVE is the ultimate cardio-kickboxing party. With boxing, kickboxing, and martial arts movements choreographed to the hottest music mixes, participants get lean and toned through continuous aerobic movement and anaerobic intervals—and have a blast doing it! It's high-intensity, fast-paced, and totally addicting! All Fitness Levels. Ages 13–15 must be accompanied by an adult.

VINYASA YOGA

Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. This style of yoga encourages you to find your "flow" by listening to your breath and using your own personal abilities while exploring the different asanas (poses). It effectively promote overall health, strength, flexibility, balance, lower stress, increased focus and concentration, and better sleep. If you like to focus on the power of breathing and flowing movement through poses, this class is for you! All levels. Ages 13–15 must be accompanied by an adult.

WATER POLO SKILLS CLINIC

Swimmers will learn basic fundamental water polo skills through drills and workouts. Instructor may run game scrimmages with participants. Swimmers must be able to swim 200 yards continuously.

YOGA BASICS

Beginner yoga class with slower pace, basic yoga postures and breathing techniques. Students learn correct alignment and breathing in the yoga postures. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

YOGA FOUNDATIONS

Learn the fundamentals of strength, conditioning, and breathing in a yoga practice as we develop the body for a life-long practice where we will discuss and practice how to care for and help protect the body from injury to age gracefully and be stronger than it has ever been before.

CLASS DESCRIPTIONS



YOGA RECOVERY

Align your joints and muscles in this gentle recovery class. A hybrid of yoga stretches along with fascia rolling to enhance the healing of our connective tissues. Yoga Recovery will help you with rejuvenation and relaxation, increase circulation and mobility! Stretches and rolling are known to improve posture and the performance of daily activities.

ZUMBA

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning total body dance based workout. It is a great mix of Latin flavor and international beats designed to tone your body from head to toe. Ages 13–15 must be accompanied by an adult.

ZUMBA GOLD

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness-Party is known for: the zesty Latin music; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. All levels. Ages 13–15 must be accompanied by an adult.

AQUATIC GROUP EX CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COMPETITION POOL	LAP SWIM 7am–12:30pm MASTER SWIM 7:30–8:30am, Dexter AQUA FIT 9–9:50am, Melanie OPEN/LAP SWIM 12:30–4pm LAP SWIM 6:30–8pm	LAP SWIM 7am–12:30pm OPEN/LAP SWIM 12:30–4pm JACUZZI CLOSED 6:30pm LAP SWIM 6:30–8pm	LAP SWIM 7am–12:30pm MASTER SWIM 7:30–8:30am, Dexter AQUA FIT 9–9:50am, Melanie OPEN/LAP SWIM 12:30–4pm LAP SWIM 6:30–8pm	LAP SWIM 7am–12:30pm OPEN/LAP SWIM 12:30–4pm LAP SWIM 6:30–8pm	LAP SWIM 7am–12:30pm AQUA TABATA 9–9:50am, Melanie OPEN/LAP SWIM 12:30–4pm LAP SWIM 6:30–8pm WATER POLO SKILLS CLINIC 6:30–8pm, Dexter	LAP SWIM 8–10am OPEN/LAP SWIM 10am–12pm LAP SWIM 12–12:30pm (Adults 18+) OPEN/LAP SWIM 12:30–3:30pm LAP SWIM 3:30–4pm (Adults 18+) OPEN/LAP SWIM 4–6pm	LAP SWIM 8–10am OPEN/LAP SWIM 10am–12pm LAP SWIM 12–12:30pm (Adults 18+) OPEN/LAP SWIM 12:30–3:30pm LAP SWIM 3:30–4pm (Adults 18+) OPEN/LAP SWIM 4–6pm
	DEC 24 & DEC 31 HOLIDAY SCHEDULE CLOSES AT 11:30AM AQUA FIT 9–9:50am, Joett	DEC 25 & JAN 1 CHRISTMAS DAY & NEW YEAR'S DAY CLOSED		DEC 13 CLOSES AT 6PM		DEC 16 CLOSES AT 3:30PM	
ADVENTURE COVE	EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7:30pm OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm	EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7:30pm AQUA FIT 9–9:50am, Melanie OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm AQUA FIT 5–5:50pm, Joett	EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7:30pm OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm AQUA ZUMBA 5–5:50pm, Dela	EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7:30pm AQUA ZUMBA 9:30–10:20am, Dela OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm AQUA FIT 5:15–6:05pm, Jenny	EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7:30pm OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm	EXERCISE/WATER WALKING (Adults 18+) 8–10am AQUA FIT 9–9:50am, SallyAnn OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm	EXERCISE/WATER WALKING (Adults 18+) 8–10am OPEN SWIM 10am–12pm BREAK 12–12:30pm OPEN SWIM 12:30–3:30pm BREAK 3:30–4pm OPEN SWIM 4–6pm

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