



CENTRAL PARK RECREATION CENTER

FALL 2014, AUGUST 24 - NOVEMBER 29

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR LOCAL AND NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday
^{Kw} River Aerobics 8:30 - 9:30 a.m.	^{Kw} SilverSneakers® Splash 8:30 - 9:30 a.m.	^{Kw} River Aerobics 8:30 - 9:30 a.m.	^{Kw} SilverSneakers® Splash 8:30 - 9:30 a.m.	^{Kw} River Aerobics 8:30 - 9:30 a.m.
^{Kw} River Walking 9:30 - 10:30 a.m.		^{Kw} River Walking 9:30 - 10:30 a.m.		^{Kw} River Walking 9:30 - 10:30 a.m.
^{Kw} Aqua Zumba® 6:00 - 7:00 p.m. Begins September 8th		^{Kw} Aqua Zumba® 6:00 - 7:00 p.m. Begins September 10th	^{Kw} Kid Watch available SilverSneakers® honored at this site	

SWIM HOURS (OPEN • LAP • ADULT • FAMILY) SAFETY BREAKS | 12:30-12:45 AND 2:45-3:00 WEEKENDS | 12:00-12:15 AND 2:15-2:30 (NO SCHOOL DAYS)

Activity		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool 84 ⁰	Adult Lap Swim	8:00 - 10:30 a.m.						8:00 - 10:30 a.m.
	Lap Swim		5:30 - 8:30 a.m. 9:30 a.m. - 2:00 p.m. 6:15 - 7:15 p.m.	5:30 a.m. - 2:00 p.m. 6:15 - 7:15 p.m.	5:30 - 8:30 a.m. 9:30 a.m. - 2:00 p.m. 6:15 - 7:15 p.m.	5:30 a.m. - 2:00 p.m. 6:15 - 7:15 p.m.	5:30 - 8:30 a.m. 10:30 a.m. - 2:00 p.m. 5:00 - 7:30 p.m.	
	Open Swim 2 Lap Lanes	10:30 a.m. - 12:30 p.m.	7:15 - 8:30 p.m.	7:15 - 8:30 p.m.	7:15 - 8:30 p.m.	7:15 - 8:30 p.m.	5:00 - 7:30 pm	10:30 a.m. - 12:30 p.m.
	Open Swim	12:45 p.m. - 4:30 p.m.	2:00 - 4:45 p.m.	2:00 - 4:45 p.m.	2:00 - 4:45 p.m.	2:00 - 4:45 p.m.	1:00 - 5:00 p.m.	12:45 p.m. - 4:30 p.m.
Activity Pool 87 ⁰	Adult / River	8:00 - 10:30 a.m.	5:30 - 9:30 a.m.	5:30 - 8:30 a.m.	5:30 - 9:30 a.m.	5:30 - 8:30 a.m.	5:30 - 9:30 a.m.	8:00 - 10:30 a.m.
	Open Swim	10:30 a.m. - 4:30 p.m.	10:30 a.m. - 4:45p.m. 7:15 - 8:30 p.m.	10:30 a.m. - 4:45p.m. 6:15 - 8:30 p.m.	10:30 a.m. - 4:45p.m. 7:15 - 8:30 p.m.	10:30 a.m. - 4:45p.m. 6:15 - 8:30 p.m.	10:30 a.m. - 7:30 p.m.	10:30 a.m. - 4:30 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING