

# WASHINGTON PARK RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

**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	Saturday	Sunday
<b>Aqua Aerobics</b> 8:30 - 9:30 a.m.	<b>Water Walking</b> 9:00 - 9:45 a.m.	<b>Aqua Aerobics</b> 8:30 - 9:30 a.m.	<b>Water Walking</b> 9:00 - 9:45 a.m.	<b>Aqua Aerobics</b> 8:30 - 9:30 a.m.	<b>Aqua Aerobics</b> 10:00 - 11:00 a.m.	
<b>Lifeguard Academy Preparatory Swimming</b> 6:00 - 7:00 p.m.	<b>Aqua Aerobics</b> 10:00 - 11:00 a.m.	<b>Lifeguard Academy Preparatory Swimming</b> 6:00 - 7:00 p.m.	<b>Aqua Aerobics</b> 10:00 - 11:00 a.m.	<b>Ai Chi</b> 9:30 - 10:30 a.m.		
	<b>Masters Swim</b> 6:00 - 7:00 p.m.		<b>Masters Swim</b> 6:00 - 7:00 p.m.			

**SWIM HOURS** (OPEN • LAP • ADULT • SWIM LESSONS)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	6:00 - 8:00 a.m. 12:00 - 2:00 p.m. 7:30 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 2:00 p.m. 7:00 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 2:00 p.m. 7:30 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 2:00 p.m. 7:00 - 8:30 p.m.	6:00 - 8:00 a.m. 12:00 - 2:00 p.m. 5:30 - 7:30 p.m.	8:00 - 10:00 a.m. 2:30 - 3:30 p.m.	11:00 a.m. - 1:30 p.m.
<b>Adult Swim</b> <i>(No lap lanes)</i>	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	11:00 a.m. - 12:00 p.m.	
<b>Open Swim</b> <i>(No lap lanes)</i>	2:00 - 3:30 p.m. 6:00 - 7:30 p.m.	2:00 - 5:00 p.m.	2:00 - 3:30 p.m. 6:00 - 7:30 p.m.	2:00 - 5:00 p.m.	2:00 - 5:30 p.m.	12:00 - 2:30 p.m.	1:30 - 3:30 p.m.
<b>Swim Lessons</b>	10:00-10:30 a.m. 4:00 - 6:00 p.m.	5:00 - 6:00pm	10:00 -10:30 a.m. 4:00 - 6:00pm	5:00 - 6:00 p.m.			

◆ Registration Required

**Winter Registration Begins :**  
**Tuesday November 5, 2019**  
**At 12:00 p.m.**

**Winter Season Information**  
**Session I (01/06/20-01/30/20)**  
**Session II (02/10/20-03/05/20)**

**Monday/Wednesday**

10:00 - 10:30 a.m. • Parent-Child (ages 6mos - 3)  
 10:30 - 11:00 a.m. • Preschool (ages 3-5)  
 4:00 - 4:30 p.m. • Parent-Child (ages 6mos - 3) • Preschool (ages 3 - 5)  
 4:30 - 5:00 p.m. • Level 1, 2, 3 (ages 5 - 17)  
 5:00 - 5:30 p.m. • Level 4, 5 (ages 5 - 17)  
 5:30 - 6:00 p.m. • Adult Lessons (ages 15+) • Preschool (ages 3-5)

**Tuesday/Thursday**

5:00-6:00 p.m.  
 • Fitness Swim (ages 5 - 18)

**POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING**