



KTAC POOL SCHEDULE

Effective June 25, 2018

Pool Hours: Mon-Thurs 6:30am-8:30pm / Fri 6:30am-7:30pm / Sat 7:30am-5:30pm / Sun 9:00am-5:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap 6:30-8:30am	Adult Lap 6:30-8:30am	Adult Lap 6:30-8:30am	Adult Lap 6:30-8:30am	Adult Lap 6:30-8:30am	Adult Lap 7:30-9:00am	
					Swim Lessons 8:15-12:00	
Water Fitness 8:30-9:30am Patti	Water Fitness 8:30-9:30am Patti	Water Fitness 8:30-9:30am Patti	Water Fitness 8:30-9:30am Patti	Water Fitness 8:30-10:30am Patti (Double class)		
Swim Lessons 9:30am-12:00pm	Swim Lessons 9:30am-12:00pm	Swim Lessons 9:30am-12:00pm	Swim Lessons 9:30am-12:00pm	Swim Lessons 9:30am-12:00pm	PSSC Swim Team 9:00-10:30am (3 lanes)	Adult Lap 9:00-11:00pm
Kitsap Physical Therapy 11:00-12:45pm	Kitsap Physical Therapy 11:00-12:45pm	Kitsap Physical Therapy 11:00-12:45pm	Kitsap Physical Therapy 11:00-12:45pm	Kitsap Physical Therapy 11:00-12:45pm		
Open Swim 12:45-4:30pm	*Open Swim* 12:45-2:30pm Water Yoga 2:30-3:30pm Greg	*Open Swim* 12:45-4:30pm	*Open Swim* 12:45-4:30pm	*Open Swim* 12:45-7:30pm	*Open Swim* 12:00-5:30pm Water Yoga 12:30-1:30pm Greg	*Open Swim* 11:00-5:30pm
Public Swim 2:00-4:00pm	**Public Swim** 2:00-4:00pm	**Public Swim** 2:00-4:00pm	**Public Swim** 2:00-4:00pm	**Public Swim** 2:00-4:00pm	**Public Swim** 3:30-5:30pm	**Public Swim** 3:30-5:30pm
Swim Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm			
	Cardio Power 5:30-6:30pm Paul		Cardio Power 5:30-6:30pm Paul	**Public Swim** 5:30-7:30pm		
Public Swim 7:30-8:30pm	**Public Swim** 6:30-8:30pm	**Public Swim** 7:30-8:30pm	**Public Swim** 6:30-8:30pm			

*2 Lap lanes available throughout the day unless otherwise posted. Pool is available for rentals; pool space may be shared.

** Public Swim—Non-member pool access for \$5 per person/\$15 per family.

Complimentary day lockers are available, locks not provided. Contents must be removed at end of stay.

KTAC POOL FITNESS CLASSES

Cardio Power:

Multi-level cardiovascular focused class utilizing the shallow and deep water. The challenge is a minimum of 50 continuous minutes for the person not afraid to get a little wet.

Instructor: Paul Noakes **Days/Times:** Tues & Thurs 5:30-6:30pm

Water Fitness:

A dynamic moderate to high intensity total body workout with no impact. Class may use water exercise equipment in shallow and deep water. Suitable for most fitness levels. Intensity can be increased or decreased according to each participant's effort and exertion.

Instructor: Patti Warren **Days/Times:** Mon-Thur 8:30-9:30am Fri 8:30-10:30am

Kitsap Physical Therapy:

KPT will be using the pool Monday – Friday 11:00-12:45pm. Members will be able to use the lap lanes and the rest of the pool depending on how many people are in the water for therapy. We ask that you be considerate of KPT members during this time.

Water Yoga:

Finding alignment in buoyancy and yoga postures that include balance, strength, ease, and focus—all while having fun with your breath in the water.

Instructor: Greg **Days/Times:** Tues 2:30-3:30pm Sat 12:30-1:30pm