



# Pool Schedule

Effective: January 12, 2022

(Classes Subject to change)

Pool Hours: MONDAY - FRIDAY 6 AM - 7 PM SATURDAY 8:30 AM - 5:30 PM SUNDAY 9 AM - 5:30 PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Lap Swim 6-8:30	Lap Swim 6-9:30	Lap Swim 6-8:30	Lap Swim 6-9:30	Lap Swim 6-8:30		
7 AM							
8 AM							
9 AM	Water Fitness 8:30-9:30	Lap/Family Swim 9:30-11	Water Fitness 8:30-9:30	Lap/Family Swim 9:30-11	Water Fitness 8:30-9:30	Lap Swim/Swim Team 8:30-11	Lap Swim 9-11
10 AM							
11 AM							
12 PM	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1	Lap/Family Swim 11-1	Public Swim 11-3
1 PM	Lap Swim 1-3	Family Swim 1-4	Lap Swim 1-3	Family Swim 1-4	Lap Swim 1-3		
2 PM							
3 PM	Private Lessons /Lap Swim 3-5	Swim Lessons 4-7	Private Lessons /Lap Swim 3-5	Swim Lessons 4-7	Public Swim 3-5	Lap/Family Swim 4-5:30	Lap Swim/Swim Team 3-5:30
4 PM							
5 PM	Public Swim 5-7		Lap Swim/Swim Team 5-7		Lap Swim/Swim Team 5-7	Swim Lessons 4-7	Lap Swim/Swim Team 5-7
6 PM							

# Kitsap Tennis & Athletic Center

## Pool Fitness Class Descriptions

**FAMILY SWIM:** For members and their guests. This is geared for members to be able to swim with the children and/or grandchildren without having the public.

**KITSAP PHYSICAL THERAPY:** 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 the KPT members during this time.

**INSTRUCTOR:** KPT                      **SCHEDULE:** Mondays through Fridays                      11:00AM-1:00PM

**PUBLIC SWIM:** A time when Non-Members can swim at a reduced price! \$8 per person / \$20 for 3 or more persons

**WATER FITNESS:** A dynamic moderate to high intensity total body workout with no impact. This class may use water exercise equipment in shallow and deep water and is suitable for most fitness levels. Intensity can be increased or decreased according to each participant's effort and exertion.

**INSTRUCTOR:** Patti                      **SCHEDULE:** Mondays, Wednesdays and Fridays 8:30AM-9:30AM

- No reservations for Morning Lap Swim Time
- Reservations available for the afternoon for lanes 1 and 2 – can be made up to 7 days in advance
- Lap Swim: Non-Members may reserve up to 24 hours in advance if available. \$12 per session.
- Children 7 and under require a Parent and/or Guardian present to swim
- Pool is available for Rentals; Pool space may be shared
- Complimentary day lockers are available, locks are not provided; contents must be removed at the end of stay.