



Pool Schedule

Updated: July 11, 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	Water Fitness 8:30-9:30		Water Fitness 8:30-9:30		Water Fitness 8:30-9:30				
9 AM									
10 AM	Lap/Swim Lessons 9:30-11:30	Lap/Swim Lessons 9:30-11:30	Lap/Swim Lessons 9:30-11:30	Lap/Swim Lessons 9:30-11:30	Lap/Public Swim 9:30-11:30			Lap Swim 9-11	
11 AM	KPT 11:30-1:30	KPT 11:30-1:30	KPT 11:30-1:30	KPT 11:30-1:30	KPT 11:30-1:30			Lap/Family Swim 11-1	Public Swim 11-3
12 PM									
1 PM	Lap Swim 1:30-3	Public Swim 1:30-4	Lap Swim 1:30-3	Public Swim 1:30-4	Lap Swim 1:30-3			Public Swim 1-4	
2 PM									
3 PM	Private Lessons /Lap Swim 3-5		Private Lessons /Lap Swim 3-5		Public Swim 3-5	Lap/Family Swim 4-5:30	Lap Swim 3-5:30		
4 PM									
5 PM	Public Swim 5-6	Swim Lessons 4-7	Lap Swim/Swim Team 5-7	Swim Lessons 4-7	Lap Swim/Swim Team 5-7				
6 PM	Water Fitness 6-7								

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 11:30AM-1:30PM

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

WATER FITNESS: This will be a high energy class. She will include a warmup, water weights, stretch, and cool down. Modifications will be offered for all.

INSTRUCTOR: Misty **SCHEDULE:** Mondays 6PM-7PM

- 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.