



# Pool Schedule

Updated: October 7, 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 6-8:30	Lap Swim 6-8:30	Lap Swim 6-8:30	Lap Swim 6-8:30			
7 AM								
8 AM	Water Fitness 8:30-9:30 <i>Tricia</i>	Lap/Family Swim 8:30-10	Water Fitness 8:30-9:30 <i>Tricia</i>	Lap/Family Swim 8:30-10	Water Fitness 8:30-9:30 <i>Tricia</i>			
9 AM								
10 AM	Lap/Family Swim 9:30-11	Water Fitness 10-11 <i>Davin</i>	Lap/Family Swim 9:30-11	Water Fitness 10-11 <i>Davin</i>	Lap/Family Swim 9:30-11			Lap Swim 9-11
11 AM	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1			Lap/Family Swim 11-1
12 PM								
1 PM	Swim Lessons/ Lap Swim 1-3	Public Swim 1-4	Swim Lessons/ Lap Swim 1-3	Public Swim 1-4	Lap Swim 1-3			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 Swim 3-5:30		
4 PM								
5 PM	Public Swim 5-7	Swim Lessons 4-7	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:** Is for members to enjoy a relaxing time with family and friends.

**KITSAP PHYSICAL THERAPY:** 2 lap lanes are available for members while the rest of the pool is reserved for those attending therapy. We ask that you be considerate of the KPT members during this time.

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

**PUBLIC SWIM:** 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:** *Tricia*                      **SCHEDULE:** Mondays, Wednesdays, and Fridays                      8:30AM-9:30AM

**INSTRUCTOR:** *Davin*                      **SCHEDULE:** Tuesdays and Thursdays                      10AM-11AM

- 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, and children that need to use a life jacket require a Parent and/or Guardian in the water
- 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.