



Pool Schedule

Updated: March 03, 2023

(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 8:30-11	Lap Swim 9-10
11 AM	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1	KPT 11-1			Swim Lessons/ Lap/Family Swim 11-1	Swim Lessons/ Lap Swim 10-12
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	Lap/Public Swim 12-5:30
2 PM									
3 PM	Private Lessons /Lap Swim 3-5		Private Lessons /Lap Swim 3-5		Public Swim 3-5	Public Swim 3-5			
4 PM									
5 PM	Public Swim 5-7	Swim Lessons /Lap Swim 4-7	Lap Swim/Swim Team 5-7	Swim Lessons /Lap Swim 4-7	Lap Swim/Swim Team 5-7	Lap/Family Swim 4-5:30			
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! \$10 per person / \$25 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. \$10 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.