FALL 2025

FitRec

FALL SCHEDULE • AUGUST 18 - DECEMBER 7

POOL SCHEDULE

FitRec

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-8:15 am **Lap Swim**	5:45-8:15 am **Lap Swim**	5:45-7:45 am **Lap Swim**	5:45-8:15 am **Lap Swim**	5:45-8:15 am **Lap Swim**	6:15-8:15 am **Lap Swim**
8:30-9:20 am **Aqua Deep**	8:30-9 am **Open Rec Swim**	8-8:30 am **Open Rec Swim**	8:30-9 am **Open Rec Swim**	8:30-9:20 am **Aqua Medley**	8:30-9:20 am **Aqua Medley**
9:30-10:20 am **Aqua HIIT**	9-9:50 am **Aqua Strength**	8:30-9:20 am **Aqua Medley**	9-9:50 am **Aqua Deep**	9:30-12 pm **Lap Swim**	9:30 am-2:15 pm **Lap Swim**
10:30 am-12 pm **Lap Swim**	10 am-12 pm **Lap Swim**	9:30-10 am **Aqua Tone**	10 am-12 pm **Lap Swim**	12:15-2:15 pm **Mixed Usage**	2:30-7:30 pm **Open Rec Swim**
12:15-2:15 pm **Mixed Usage**	12:15-2:15 pm **Mixed Usage**	10:15 am-12 pm **Lap Swim**	12:15-2:15 pm **Mixed Usage**	2:30-6 pm **Lap Swim**	**SUNDAY**
2:30 pm-4:15 pm **Lap Swim**	2:30 pm-4:15 pm **Lap Swim**	12:15-2:15 pm **Mixed Usage**	2:30-6:15 pm **Lap Swim**	6:15-8:30 pm **Mixed Usage**	8:15-9:45 am **Lap Swim**
4:30-7:30 pm **Group Swim Lessons**	4:30-7:30 pm **Group Swim Lessons**	2:30-6:15 pm **Lap Swim**	6:30-7:20 pm **Aqua Medley**		10-10:50 am **Aqua Medley**
7:45-9:30 pm **Mixed Usage**	7:45-9:30 p.m. **Lap Swim**	6:30-7:20 pm **Aqua Boot Camp**	7:30-9:30 p.m. **Lap Swim**		11 am-2:15 pm **Lap Swim**
		7:30-9:30 pm **Mixed Usage**			2:30-5:30 pm **Open Rec Swim**

ADJUSTED SCHEDULE: WEEKS OF 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1 & 12/8. LAP SWIM IN PLACE OF GROUP SWIM.

POOL GUIDELINES

Schedule subject to change; refer to FitRec App for latest information. The pool and whirlpool close 30 minutes before the facility. 12- to 15-year old members must complete an orientation to attend group fitness classes. Guests must be at least 16 years of age to participate in group fitness classes. The whirlpool will be closed for cleaning on Thursdays from opening until mid-afternoon. During aqua classes, ramp and stairwell are to be used only for access to the pool, not as an exercise area.

- **LAP SWIM:** All lanes open for lap swim reservations. Up to two members may reserve a lane; swimmers should be prepared to share lanes. See website for specific details on reserving lanes.
- **GROUP SWIM LESSONS:** Entire lap pool and whirlpool closed for Group Swim Lessons (shallow and deep ends).
- **OPEN REC SWIM:** Pool divided by rope, both ends can be used for recreation i.e. exercising, aqua walking/jogging & family swim time. The max capacity in the pool at this time will be 20 people and will be first-come, first-served. No prior reservation is needed.
- **MIXED USAGE:** Lanes 1 & 2 are open recreation. Lanes 3 & 4 are Lap Swim. No reservation required. Max of 2 per lane (30 minutes per lane limit).
- **AQUA CLASSES:** Free to members, pool divided by rope; opposite end of the pool can be used for open recreation (up to 6 people).
- **BIRTHDAY PARTY:** This indicates that birthday parties may be scheduled in pool; open rec swim may be available if there are no rentals taking place (refer to FitRec App for reservations).

LEARN MORE AT: *MORAINEVALLEY.EDU/FITREC*