

MOUNTAIN VIEW POOL 2018/2019 SCHOOL YEAR SCHEDULE

| MOUNTAIN VIEW POOL 2018/2019 SCHOOL YEAR SCHEDULE | | | | | | | | | | | |
|--|--|---------------------------|--|---------------------------|--|---------------------------|--|---------------------------|--|---------------------------|--|
| Sunday | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday |
| | AM LAPS 6:00-8:00 AM | | AM LAPS 6:00-8:00 AM | | AM LAPS 6:00-8:00 AM | | AM LAPS 6:00-8:00 AM | | AM LAPS 6:00-8:00 AM | | |
| | DEEP H2O 7:00-8:00AM | | DEEP H2O 7:00-8:00AM | | DEEP H2O 7:00-8:00AM | | DEEP H2O 7:00-8:00AM | | DEEP H2O 7:00-8:00AM | | |
| RENT THE POOL! 8:00-10:00 AM | AQUA POWER 8:00-9:00 AM | | AQUA POWER 8:00-9:00 AM | | AQUA POWER 8:00-9:00 AM | | AQUA POWER 8:00-9:00 AM | | AQUA POWER 8:00-9:00 AM | | |
| | FAMILY SWIM 9:00-11:00 AM | WATER WALKING 9AM-10AM | THERAPY SWIM 9:00-11:00 AM | WATER WALKING 9AM-10AM | FAMILY SWIM 9:00-11:00 AM | WATER WALKING 9AM-10AM | THERAPY SWIM 9:00-11:00 AM | WATER WALKING 9AM-10AM | FAMILY SWIM 9:00-11:00 AM | WATER WALKING 9AM-10AM | |
| DEEP H2O 10AM-11AM | WATER BABIES 10:30-11AM | | WATER BABIES 10:30-11AM | | WATER BABIES 10:30-11AM | | WATER BABIES 10:30-11AM | | WATER BABIES 10:30-11AM | | DEEP H2O 10AM-11AM |
| SUNDAY LAPS 10:00 AM-12:00 PM | NOON LAPS 11AM-1 PM | | NOON LAPS 11AM-1 PM | | NOON LAPS 11AM-1 PM | | NOON LAPS 11AM-1 PM | | NOON LAPS 11AM-1 PM | | THERAPY SWIM 10:00-12:00 PM |
| POWERLUNCH 12PM-1PM | POWERLUNCH 12PM-1PM | | POWERLUNCH 12PM-1PM | | POWERLUNCH 12PM-1PM | | POWERLUNCH 12PM-1PM | | POWERLUNCH 12PM-1PM | | POWERLUNCH 12PM-1PM |
| OPEN SWIM 12:00-5:00 PM (1 lap lane available) | SCHOOL LESSONS | | SCHOOL LESSONS | | OPEN SWIM 1:00-5:00 PM (2 lap lanes available) | | SCHOOL LESSONS | | SCHOOL LESSONS | | OPEN SWIM 12:00-5:00 PM (1 lap lane available) |
| | OPEN SWIM 1:00-5:00 PM (2 lap lanes available) | | SWIM LESSONS 3:00-5:00PM | | | | OPEN SWIM 1:00-5:00 PM (2 lap lanes available) | | SWIM LESSONS 3:00-5:00PM | | |
| AQUABOXING 4PM-5PM | REDfins SWIM CLUB PRACTICE 5:00-7:00 PM | | REDfins SWIM CLUB PRACTICE 5:00-7:00 PM | | REDfins SWIM CLUB PRACTICE 5:00-7:00 PM | | REDfins SWIM CLUB PRACTICE 5:00-7:00 PM | | REDfins SWIM CLUB PRACTICE 5:00-7:00 PM | | AQUABOXING 4PM-5PM |
| RENT THE POOL! 5:00-7:00 PM | | | | | | | | | | | RENT THE POOL! 5:00-7:00 PM |
| | | | | | | | | | DISCOUNT SWIM \$3 per person 7-9 PM | | |

Schedule is subject to change. Emergency Closures will be posted on our website at www.cityofpt.us/pool Call 360-385-POOL (7665) for more info.

| Open Swim: Deep and shallow space for all ages to splash around - lap lanes available | FEES | 0-3YRS | YOUTH 4-17 | ADULT 18+ | SENIOR 62+ | FAMILY |
|--|--|--------|------------|-----------|------------|-----------|
| Family Swim: Open space with toys and tot table for family time - lap lanes available | GENERAL DROP IN | FREE | \$ 4.00 | \$ 5.00 | \$ 4.00 | \$ 12.00 |
| Therapy Swim: Slower paced, self-directed exercise - lap lanes available | FITNESS DROP IN | - | - | \$ 10.00 | \$ 8.00 | - |
| Discount Swim: Full Pool Open Swim - only \$3 per person! | 20 VISIT GENERAL | FREE | \$ 70.00 | \$ 85.00 | \$ 70.00 | \$ 200.00 |
| Swim Lessons: Several group session options each month. Ask us about private lessons. | 20 VISIT FITNESS | - | - | \$ 120.00 | \$ 100.00 | - |
| Laps: AM/Noon/Sunday - 4 varying speed long (20 yds) lanes | 1 MONTH GENERAL | FREE | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 75.00 |
| Power Lunch: In and out of the deep water. Fast paced fitness class - DROP INS WELCOME | 1 MONTH FITNESS | - | - | \$ 65.00 | \$ 65.00 | - |
| Aqua Power: full-body, shallow water workout with low impact - DROP INS WELCOME - No lap lanes | 6 MONTH | FREE | \$ 275.00 | \$ 275.00 | \$ 275.00 | \$ 400.00 |
| AquaBoxing: full body work out with a focus on arm strength and toning - DROP INS WELCOME | 12 MONTH | FREE | \$ 500.00 | \$ 500.00 | \$ 500.00 | \$ 750.00 |
| Deep H2O: intense, no impact- improve balance, cardio, endurance & strength - DROP INS WELCOME | SHOWER/SAUNA | - | \$ 3.00 | \$ 3.00 | \$ 3.00 | - |
| REDfins Swim Club: Ages 5 to 18. Try-outs on Wednesdays. Call for more info | Rentals: Contact Pool Supervisors to schedule - PLEASE RESERVE 2 WEEKS IN ADVANCE! | | | | | |
| High School Swim Practice: Closed to the Public | YOUTH UNDER 8 MUST HAVE ADULT GUARDIAN 18 OR OLDER WITH THEM IN THE WATER AT ALL TIMES | | | | | |