

# MOUNTAIN VIEW POOL 2019 SCHOOL YEAR SCHEDULE

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

Schedule is subject to change. Emergency Closures will be posted on our website at [www.cityofpt.us/pool](http://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 |        |            |           |            |           |