

# January - April 2024 Aquatics Schedule

MEMBER LAP SWIM TIMES (starting January 2<sup>nd</sup>, 2024):

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAP SWIM 11:00 a.m. – 1:00 p.m. <i>*5:30 p.m. – 7:00 p.m.*</i> <i>*Only 1 to 3 lanes available, sharing with other programs and rentals. *</i>	LAP SWIM 11:00 a.m. – 1:00 p.m. <i>*5:30 p.m. – 7:00 p.m.*</i> <i>*Only 1 to 3 lanes available, sharing with other programs and rentals. *</i>	LAP SWIM 11:00 a.m. – 1:00 p.m. <i>*5:30 p.m. – 7:00 p.m.*</i> <i>*Only 1 to 3 lanes available, sharing with other programs and rentals. *</i>	LAP SWIM 11:00 a.m. – 1:00 p.m. <i>*5:30 p.m. – 7:00 p.m.*</i> <i>*Only 1 to 3 lanes available, sharing with other programs and rentals. *</i>	LAP SWIM 11:00 a.m. – 1:00 p.m. <i>*5:30 p.m. – 7:00 p.m.*</i> <i>*Only 1 to 3 lanes available, sharing with other programs and rentals. *</i>	LAP SWIM 11:00 a.m. – 1:00 p.m.

DEEP WATER AEROBIC CLASS TIMES:

Starting January 8<sup>th</sup> – May 4<sup>th</sup>, 2024 – Registration required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WATER AEROBICS 9:50 a.m. – 10:50 a.m. Class 2	WATER AEROBICS 9:50 a.m. – 10:50 a.m. Class 1	WATER AEROBICS 9:50 a.m. – 10:50 a.m. Class 2	WATER AEROBICS 9:50 a.m. – 10:50 a.m. Class 1	WATER AEROBICS 9:50 a.m. – 10:50 a.m. Class 2	WATER AEROBICS 11:00 a.m. – 12:00 p.m. Class 3

Notes:

**Hours and days subject to change due to staffing as well as participation and usage. No Lap Swim or Water Aerobics on observed holidays or facility closures.**

Lap swim is for Foothills Members 13 years and older and is for fitness swimming only.

**We may have some pool closures for trainings and hiring days for Aquatics Staff. Dates and times for closures are still being determined.**

Water Aerobics has 3 separate paid 3-week classes, and each class must be registered for in order to attend. Water Aerobics is for participants 15 years and older.

**No Water Aerobics the weeks of March 9-24, 2024. Water Aerobics will be on break from May 5<sup>th</sup>, 2024 until Summer Programming starts.**

**Water Aerobics will be on break from December 17<sup>th</sup>, 2023 until January 8<sup>th</sup>, 2024.**

Please check holiday hours at the Front Desk around major holidays for updated facility and lap swim hours.

Register for Water Aerobics and Aquatic Programming at: <https://secure.rec1.com/AZ/glendale-az/catalog> or call 623-930-2820, option #1 or call 623-930-4600