

January 2019 Pool Class Schedule

3421 Villa Lane Napa, CA 94558
 Phone: 707-251-1395 • Fax: 707-251-1373
 www.wellnesscenternapa.com • Janine Moulton 707-251-3523

Synergy Health Club
 by St. Joseph Health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:15-8:15 Open Warm Water</p> <p>■ 8:30-9:30 Hydro-cise Tami</p> <p>■ 9:30-10:30 Hydro/Deep Water Combo Diana</p> <p>10:00-11:30 Parent/Child Class</p> <p>* 11:30-12:30 S.M.I.L.E. (18 participants max) Diana</p> <p>Pool Closed Maintenance 1:00-2:00</p> <p>4:30-5:30 Open Warm Water and Swim Lessons</p> <p>■ 5:30-6:30 Hydro-cise Tami</p> <p>* 5:30-6:30 Pre Natal Warm Water Class Patricia</p>	<p>5:30-6:30 Sunrise Splash Suzy</p> <p>9:00-9:45 Open Warm Water</p> <p>■ 9:00-10:00 Hydro-cise Jackie</p> <p>9:45-10:45 Gentle Water Exercise (18 participants max) Denelle</p> <p>* 11:00-12:00 S.M.I.L.E. (18 participants max) Patricia</p> <p>* 12:00-1:00 S.M.I.L.E. (18 participants max) Denelle</p> <p>4:30-5:30 Open Warm Water and Swim Lessons</p>	<p>7:15-8:15 Open Warm Water</p> <p>■ 8:30-9:30 Hydro-cise Tami</p> <p>■ 9:30-10:30 Hydro/Deep Water Combo Lori</p> <p>Pool Closed Maintenance 1:00-2:00</p> <p>4:30-5:30 Open Warm Water and Swim Lessons</p> <p>■ 5:30-6:30 Liquid Fusion Suzy</p> <p>* 5:30-6:30 Pre Natal Warm Water Class Diana</p> <p>6:30-7:00 Yo-Qua Suzy</p>	<p>5:30-6:30 Sunrise Splash Suzy</p> <p>9:00-9:45 Open Warm Water</p> <p>■ 9:00-10:00 Hydro-cise Tami</p> <p>9:45-10:45 Gentle Water Exercise (18 participants max) Denelle</p> <p>* 11:00-12:00 S.M.I.L.E. (18 participants max) Denelle</p> <p>* 12:00-1:00 S.M.I.L.E. (18 participants max) Denelle</p> <p>4:30-5:30 Open Warm Water and Swim Lessons</p>	<p>7:15-8:15 Open Warm Water</p> <p>■ 8:30-9:30 Hydro-cise Tami</p> <p>■ 9:30-10:30 Deep Water Diana</p> <p>* 11:00-12:00 S.M.I.L.E. (18 participants max) & Open Warm Water Patricia</p> <p>Pool Closed Maintenance 1:00-2:00</p> <p>2:45-5:30 Swim Lessons Only</p> <p>■ 5:30-7:00 Family Swim Warm pool</p>	<p>*8:45-9:45 Arthritis, Core and More (18 participants max) Denelle</p> <p>*9:45-10:45 Arthritis, Core and More (18 participants max) Denelle</p>	<p>Hours M-F 5am-10pm; Sat & Sun 7am-8pm</p> <p>Babysitting M-F 8am-7pm; Sat & Sun 8am-12pm</p> <p>FitKids M-F 3pm-7pm; Sat & Sun 8am-12pm</p> <p>■ 9:00-10:00 Hydro Games Bob</p>
WARM POOL AVAILABLE ONLY DURING TIMES IN RED LISTED ABOVE						



■ Lane restriction-See lap schedule (opposite side) S.M.I.L.E. = Smaller Movement Intensity Lowered Exercise Lap Pool Warm Water Pool * Needs ticket to attend. 🆕 New Class



JANUARY 2019 LAP SWIMMING SCHEDULE

HOURS:

M-F 5am-10pm; Sat-Sun 7am-8pm
 Babysitting M-F 8am-7pm; Sat-Sun 8am-12pm
 FitKids M-F 3pm-7pm; Sat-Sun 8am-12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 8:30am 4 lanes open	5 - 6:30am 4 lanes open <small>6:30 - 8:15am Hydrorider Training 3 lanes open</small>	5 - 8:30am 4 lanes open	5 - 6:30am 4 lanes open <small>6:30 - 9:00am Hydrorider Training 3 lanes open</small>	5 - 8:30am 4 lanes open	7am - 7:30pm 4 lanes open	7 - 9am 4 lanes open
8:30 - 10:30am 2 lanes open	8:15 - 9am 4 lanes open 9 - 10am 2 lanes open	8:30 - 10:30am 2 lanes open	9 - 10am 2 lanes open	8:30 - 10:30am 2 lanes open		9 - 10am 1 - 2 lanes open
10:30am - 1pm 4 lanes open	10am - 3pm 4 lanes open	10:30am - 1pm 4 lanes open	10am - 2pm 4 lanes open	10:30am - 1pm 4 lanes open		10:00am - 1:30pm SWIM LESSONS <small>(times vary in Lap pool)</small> 2 - 3 lanes open
1 - 2pm POOL AREA CLOSED		1 - 2pm POOL AREA CLOSED		1 - 2pm POOL AREA CLOSED		1:30 - 7:30pm 4 lanes open
				2 - 3pm Hydrorider 3 lanes open		
3 - 4:30pm SWIM LESSONS 3 lanes open	4:30 - 5:30pm 4 lanes open	3 - 5:30pm 4 lanes open	3 - 4:30pm SWIM LESSONS 3 lanes open	3 - 4:30pm SWIM LESSONS 3 lanes open		Additional Swim Lessons scheduled various dates/times during the week- 1 Lane is used.
FITKIDS 3:30 - 4:30pm 3 lanes open			4:30 - 5:30pm 4 lanes open	4:30 - 5:30pm 4 lanes open		
4:30 - 5:30pm 4 lanes open	5:30 - 7:30pm SWIM TEAM 1 - 2 lanes open	5:30 - 6:30pm SWIM LESSONS 1 - 2 lanes open	4:30 - 9:30pm 4 lanes open	5:30 - 7:30pm SWIM TEAM 1 - 2 lanes open		*** Please Note: Lane availability subject to change based on schedule changes, pool maintenance and new aquatic programs.
5:30 - 6:30pm SWIM LESSONS 1 - 2 lanes open		7:00 - 7:30pm SWIM TEAM 1 - 2 lanes open		5:30 - 7:30pm SWIM TEAM 1 - 2 lanes open		
6:30 - 9:30pm 4 lanes open	7:35 - 9:30pm 4 lanes open	7:35 - 9:30pm 4 lanes open		7:35 - 9:30pm 4 lanes open		

When 2 or more swimmers per lane, circle swimming required in lanes 3 & 4. **POOL AREA CLOSING 30 MINUTES BEFORE CLOSING**