

# June 2019 Pool Class Schedule

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

**Synergy Health Club**  
 by St. Joseph Health

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



■ 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

# JUNE 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 6:45 - 7:15am Hydrorider Training 3 lanes open	5 - 5:45am 4 lanes open 6:00 - 7:15am Hydrorider Training 3 lanes open	5 - 6:30am 4 lanes open 6:45 - 7:15am Hydrorider Training 3 lanes open	5 - 8:30am 4 lanes open	<b>7am - 7:30pm</b> 4 lanes open	7 - 9am 4 lanes open
8:30 - 10:30am 2 lanes open	7:30 - 9am 4 lanes open 9 - 10am 2 lanes open	7:30 - 8:30am 4 lanes open 8:30 - 10:30am 2 lanes open	7:30 - 9am 4 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 - 3pm 4 lanes open	10:30am - 1pm 4 lanes open		10:00am - 1:30pm SWIM LESSONS (times vary in Lap pool) 2 - 3 lanes open
1 - 2pm POOL AREA CLOSED		1 - 2pm POOL AREA CLOSED		1 - 2pm POOL AREA CLOSED 2 - 3pm Hydrorider 3 lanes open		<b>1:30 - 7:30pm</b> 4 lanes open
3 - 4:30pm SWIM LESSONS 3 lanes open			3 - 4:30pm SWIM LESSONS 3 lanes open			
FITKIDS 3:30 - 4:30pm 3 lanes open	4:30 - 5:30pm 4 lanes open	3 - 5:30pm 4 lanes open	5:00 - 6:00pm 2 lanes open	FITKIDS 3:30 - 4:30pm 3 lanes open		
4:30 - 5:30pm 4 lanes open				4:30 - 5:00pm 4 lanes open		
5:30 - 6:30pm SWIM LESSONS 1 - 2 lanes open	5:30 - 7:30pm SWIM TEAM 1 - 2 lanes open	5:30 - 6:30pm SWIM LESSONS 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	6:30 - 7:30pm 4 lanes open 7:30 - 8:30pm Special Olympics 2 lanes open - thru 6/19 8:35 - 9:30pm 4 lanes open	6:00 - 9:30pm 4 lanes open	7:35 - 9:30pm 4 lanes open		
<b>Additional Swim Lessons</b> scheduled various dates/times during the week- 1 Lane is used.						<b>*** Please Note:</b> Lane availability subject to change based on schedule changes, pool maintenance and new aquatic programs.

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