



Calistoga Community Pool

1745 Washington Street

Calistoga, CA 94515

707.942.2838

www.calistogarecreation.com

Schedule for August 21-October 16, 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Lap Swim 7:00-8:00AM		Lap Swim 7:00-8:00AM	Lap Swim 7:00-8:00AM		
	Water Aerobics 8:15-9:30AM		Water Aerobics 8:15-9:30AM	Water Aerobics 8:15-9:30AM	Aqua Zumba 8:30-9:30AM	
Closed	Open Swim & Lap Swim 9:45-11:45AM	Closed	Open Swim & Lap Swim 9:45-11:45AM	Open Swim & Lap Swim 9:45-11:45AM	Lap Swim 9:45AM-11:00AM	Lap Swim 11:00AM-1:00PM
					Rec Swim 1:00-6:00PM	Rec Swim 2:00-6:00PM
	Open Swim & Lap Swim 4:00-5:30PM		Open Swim & Lap Swim 4:00-5:30PM	Rec Swim 4:00-6:00PM		
	Water Aerobics 5:45-7:00PM		Water Aerobics 5:45-7:00PM			

Program Descriptions & Pool Information

PROGRAM DESCRIPTIONS

Recreational (Rec) Swim: Both pools will be open for use during these swim times and lifeguards will be on duty at both pools for your protection. This is open to all ages. Please note that there will be limited lap swimming available during this time.

Lap Swimming: Designated time for anyone to utilize Exercise Pool for lap swimming and individual water exercise. Lane lines will be in place and lanes designated according to swimming speeds. Kickboards and pull buoys will be available. One lane designed for water walkers/runners.

Open Swim: Open use of the Exercise Pool for lap swimming in three lanes, individual exercise use, and recreational swimming. This is open to all ages. The diving board will be closed during open swim hours.

Water Exercise: A water fitness class using water resistance to provide strength training and aerobic conditioning for people of all levels. Class will include some deep water work as well as stretching and flexibility to enhance cardiovascular health.

Aqua Zumba: Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends Latin and international music with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

The schedule is subject to change
Updated 08/18/2016