

MARCH 25 - 31

POOLS
SCHEDULE



HEALTHQUEST
FITNESS CENTER

PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING IN TO THE FACILITY.
THERE WILL BE NO ONLINE OR PHONE-IN REGISTRATION

FITNESS POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	AQUA Anna		AQUA Anna		AQUA Margarita	AQUA Megan	HOPPY EASTER! Club Closed Today.
LESSONS	11AM - 12PM	11AM - 12PM & 3:30-6PM	11AM - 12PM	11AM - 12PM & 3:30-6PM	11AM - 12PM	10AM - 12PM	
first come/first serve	OPEN USE 5-9AM, 10-11AM & 12-8:30PM	OPEN USE 5AM - 3:30PM & 6-8:30PM	OPEN USE 5-9AM, 10-11AM & 12-8:30PM	OPEN USE 5AM - 3:30PM & 6-8:30PM	OPEN USE 5-9AM, 10-11AM & 12-8:30PM	OPEN USE 7-9AM & 12PM - 6:30PM	

AQUA:
A ONE HOUR WATER EXERCISE PROGRAM IN THE FIT POOL.
THE FITNESS POOL IS AVAILABLE FIRST COME FIRST SERVED DURING OPEN USE HOURS.

LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM		LAP SWIM W/O Board Workout		LAP SWIM W/O Board Workout		The Lap Pool will be closed Saturday, March 30th	HOPPY EASTER! Club Closed Today.
9:00AM							
LESSONS		SWIM LESSONS 3:30 - 5:00PM LANES 1, 2, 3, 4		SWIM LESSONS 3:30 - 5:00PM LANES 1, 2, 3, 4			
5:30PM	LAP SWIM W/O Board Workout LANES 2, 3, 4						
RESERVE LANE	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM	RESERVATIONS 5AM - 8:30PM		

LAP SWIM W/O:
A COACHED LAP SWIM WORKOUT (W/O). ALL AGES AND LEVELS WELCOME.
POOL LANES ARE CLOSED FOR NON-CLASS PARTICIPANTS DURING THESE HOURS.

LAP POOL RESERVATIONS:

- THE LAP POOL IS AVAILABLE FOR USE BY RESERVATION ON THE FREE NAPA HEALTHQUEST APP. VISIT THE FRONT DESK FOR HELP WITH USERNAME AND PASSWORD SET UP.
- RESERVATIONS ARE 30 MINUTES EACH. TWO RESERVATIONS ARE ALLOWED PER DAY AND CAN BE CREATED THE DAY PRIOR.
- IF YOU CANNOT MAKE IT TO YOUR RESERVATION, PLEASE CANCEL YOUR LANE ON THE APP SO ANOTHER MEMBER CAN SWIM.
- IF YOU ARRIVE 10 MINUTES LATE TO YOUR LANE RESERVATION, THE REMAINING 20 MINUTES OF YOUR RESERVATION MAY BE USED BY ANOTHER SWIMMER. YOU WILL HAVE FORFEITED THE REMAINDER OF YOUR HALF HOUR RESERVATION.

HEALTHQUEST OFFERS TWO SWIMMING POOLS, EACH WITH A DIFFERENT FUNCTION.
OUR LARGER POOL IS A 25 YARD **LAP POOL** AND IS KEPT BETWEEN 77 AND 79 DEGREES, THE PERFECT TEMPERATURE FOR SWIM EXERCISE. WE OFFER SEVERAL PROGRAMS IN THIS POOL, HOWEVER, IF YOU DO NOT WISH TO PARTICIPATE IN THE PROGRAMMING, PLEASE CHECK THE SCHEDULE FOR OUR OPEN SWIM TIMES.

OUR SMALLER **FIT POOL** IS COVERED AND KEPT AT A WARMER TEMPERATURE MAKING IT PERFECT FOR REHABILITATIVE EXERCISE AND CHILDREN'S SWIM LESSONS.

THIS POOL SCHEDULE CHANGES ON A MONTHLY BASIS.