

COHOES COMMUNITY CENTER POOL SCHEDULE
October 15th, 2018 – October 31st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:15am MEMBER LAP	6:00-7:30am MEMBER LAP	6:00-8:15am MEMBER LAP	6:00-8:15am MEMBER LAP	6:00-8:15am MEMBER LAP	7:00–8:30am MEMBER LAP
	7:30-8:20am AQUA JOGGING				8:30-9:15am WATER AEROBICS
8:15-8:30am CLOSED	8:20-8:40am CLOSED	8:15-8:30am CLOSED	8:15-8:30am CLOSED	8:15-8:30am CLOSED	9:15-9:30am CLOSED
8:45-9:30am EARLY BIRD AEROBICS	8:45-9:30am EARLY BIRD AEROBICS	8:30-9:00am ADULT SWIM	8:45-9:30am EARLY BIRD AEROBICS	8:45-9:30am AQUA JOGGING	9:30 -12:00pm SWIM LESSONS
9:30-10:00am ADULT SWIM	9:45-10:30am AQUA YOGA	9:00-9:45am AQUA ZUMBA	9:35-10:20am AQUA ZUMBA LOW INTENSITY	9:45-10:30am SENIOR WATER AEROBICS	12:00- 1:00PM CLOSED
10:00-11:00am SENIOR WATER AEROBICS	10:35-11:00am ADULT SWIM	10:00-11:00am SENIOR WATER AEROBICS	10:30-11:00am ADULT SWIM	10:40-11:20am AQUA ZUMBA	1:00 – 2:00PM ADULT SWIM
11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:30-2:00pm ADULT SWIM	2:00-4:00PM OPEN SWIM
2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm CLOSED	
3:00-5:00pm OPEN SWIM	3:00-5:00pm OPEN SWIM	3:00-5:00pm OPEN SWIM	3:00-5:00pm OPEN SWIM	3:00-5:00pm OPEN SWIM	4:00-4:45pm ADULT LAP
5:00-5:40pm ADULT LAP	5:00-5:55pm ADULT LAP	5:00-5:40pm ADULT LAP	5:00-5:55pm ADULT LAP	5:00-6:00pm POOL RESERVED	Pool Closes at 4:45pm
6:00-8:00pm SWIM LESSONS	6:00-6:45pm AQUA ZUMBA	6:00-8:00pm SWIM LESSONS	6:00-6:45pm AQUA JOGGING	6:00-8:00pm OPEN SWIM	
	7:00-7:45pm WATER AEROBICS		7:00-7:45pm WATER AEROBICS		
8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	

****** The Pool will close at 5pm on October 31st for Halloween******