

January 2021 Outdoor Adult Lap Pool Schedule Roseville

Updated 1/1/2021

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:30 AM					
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Tuesday					
Time	Outdoor Adult Lap Pool				
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Wednesday					
Time	Outdoor Adult Lap Pool				
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Thursday					
Time	Outdoor Adult Lap Pool				
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Friday					
Time	Outdoor Adult Lap Pool				
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Saturday					
Time	Outdoor Adult Lap Pool				
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Sunday					
Time	Outdoor Adult Lap Pool				
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Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.
The adult pool area is designated for ages 18+.

Session Descriptions
Lap Swim - Outdoor Adult Pool: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

Monday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	Aqua Athletics (RSVP Required)					Open Swim
10:00 AM						
10:30 AM						
11:00 AM						
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12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Lap Swim					
2:00 PM						
2:30 PM						
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3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Aqua Zumba (RSVP Required)					Open Swim
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6:30 PM						
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Tuesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
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9:30 AM	Aqua Barre (RSVP Required)					Open Swim
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1:30 PM	Lap Swim					
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3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Gentile Aqua (RSVP Required)					Open Swim
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Wednesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Lap Swim					
6:00 AM						
6:30 AM						
7:00 AM						
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9:00 AM						
9:30 AM	Aqua Athletics (RSVP Required)					Open Swim
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1:30 PM	Lap Swim					
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Thursday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:30 AM	Aqua Athletics (RSVP Required)					
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7:00 AM						
7:30 AM						
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8:30 AM						
9:00 AM						
9:30 AM	Lap Swim					Open Swim
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Friday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
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9:30 AM	Aqua Athletics (RSVP Required)					Open Swim
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Saturday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
7:30 AM	Lap Swim					
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11:30 AM	Aqua Athletics (RSVP Required)					Open Swim
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3:30 PM	Lap Swim					
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Sunday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
9:00 AM	Lap Swim					Open Swim
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Pool Guidelines
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°.
Private lessons have priority in lap lanes.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Outdoor Rec Pool: Designated lap swim time is for lap swimming only. There are no lifeguards on duty. Two lap swimmers per lane are permitted, and they must take breaks on opposite ends of the pool. Swimmers must be able to swim laps unassisted.
Open Swim - Outdoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Aqua Zumba: Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.
Aqua Barre: A class combining classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.
Gentile Aqua: Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

January 2021 Indoor Lap Pool Schedule Roseville

Updated 1/1/2021

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Time	Indoor Lap Pool				
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Saturday					
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Sunday					
Time	Indoor Lap Pool				
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Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.

Session Descriptions
Lap Swim - Indoor Lap Pool: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

January 2021 Indoor Recreation Pool Schedule Roseville

Updated 1/1/2021

Monday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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Tuesday				
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Wednesday				
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Thursday				
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Friday				
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Saturday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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Sunday				
Time	Indoor Rec Pool			
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Session Descriptions
Lap Swim - Indoor Lap Pool: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.
Open Swim - Indoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Family Swim - Indoor Rec Pool: During Family Swim, there are lifeguards on duty. Slides are available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.