

calistoga COMMUNITY POOL

1745 Washington St.
Calistoga, CA 94515
942-2838

SUMMER SCHEDULE June 4-August 12, 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|------------------------------|--------------------------|--------------------------|
| Lap Swim 6:30-8:00AM | CLOSED | Lap Swim 6:30-8:00AM | CLOSED | Lap Swim 6:30-8:00AM | Lap Swim 9:30-11:30AM | Lap Swim 9:30-11:30AM |
| Aqua Aerobics 8:15-9:30AM | Aqua Fit 8:45-9:45AM | Aqua Aerobics 8:15-9:30AM | Aqua Yoga 8:40-9:40AM | Aqua Aerobics 8:15-9:30AM | Rec Swim 1:00-5:00PM | Rec Swim 1:00-5:00PM |
| Swim Lessons 10:00-11:30AM | Swim Lessons 10:00-11:30AM | Swim Lessons 10:00-11:30AM | Swim Lessons 10:00-11:30AM | Pool Maintenance | CLOSED | CLOSED |
| CLOSED | Lap Swim 9:45-12:45PM | CLOSED | Lap Swim 9:45-12:45PM | Lap Swim 11:45-12:45PM | | |
| Rec Swim 1:00-4:00PM | Rec Swim 1:00-4:00PM | Rec Swim 1:00-4:00PM | Rec Swim 1:00-4:00PM | Rec Swim 1:00-6:00PM | | |
| Swim Lessons 4:30-7:00PM | Swim Lessons 4:30-6:30PM | Swim Lessons 4:30-6:30PM | Swim Lessons 4:30-7:00PM | CLOSED | | |
| Lap Swim 5:30-7:00PM | Swim Team 4:30-5:30PM | Lap Swim 5:30-7:00PM | Swim Team 4:30-5:30PM | | | |
| CLOSED | Lap Swim 5:45-7:00PM | CLOSED | Lap Swim 5:45-7:00PM | | | |

PROGRAM DESCRIPTIONS

Recreational (Rec) Swim: Pools will be open for use to all ages. One lap swimming lane will be available.

Lap Swimming: Designated time for anyone to lap swim and individual water exercise. Kickboards and pull buoys will be available. ***Note-**when swim lessons overlap, three lanes will be available for lap swimming

Swim Team: Partnered with Waves Aquatics, this coached youth swim team challenges and develops competitive swimming technique. ***Note-**Pre-registration is required, no drop ins.

Aqua Yoga: Partnered with Calistoga Fit, this water fitness class uses the principles and movements of Yoga, and adapts them to the water environment.

Aqua Fit: Partnered with Calistoga Fit, this high energy class uses a combo of aqua aerobics and traditional boot camp style moves in the pool to tone and strengthen the body.

Aqua Aerobics: Partnered with Calistoga Fit, this shallow water aqua class focuses on using the natural resistance of the water to tone and challenge the muscles in a joint friendly manner. All levels are welcome.

Schedule is subject to change and pools are subject to closure.

POOL ADMISSION PRICES

Daily Fees

Lap & Rec Swim

Seniors (55+) \$4
Adults (18+) \$6
Youth (2-17) FREE

Daily Fees

Aqua Aerobics

Seniors (55+) \$5
Adults (18+) \$7

2018 Season Pass

-April, 2018-September, 2018
-Includes aqua aerobics, lap swim, and rec swim

Seniors (55+) \$300
Adults (18+) \$385
Family (two adults) \$500

10 Visit Pass

Lap & Rec Swim

Seniors (55+) \$40
Adults (18+) \$60

10 Visit Pass

Aqua Aerobics

Seniors (55+) \$50
Adults (18+) \$70