

Williston Program Pool Schedule – January 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00am	Club Closed	Adult Swim/ Lessons 5-7am	Adult Swim/ Lessons 5-7am	Adult Swim/ Lessons 5-7am	Adult Swim/ Lessons 5-7am	Adult Swim/ Lessons 5-7am	Club Closed		
6:00am									
7:00am	Open Swim/ Lessons 7am-5:30pm	EDGE PT/ Adult Swim/ Private Lessons 7-10am	EDGE PT/ Adult Swim/ Private Lessons 7-8:30am	EDGE PT/ Adult Swim/ Private Lessons 7-9am	EDGE PT/ Adult Swim/ Private Lessons 7-9am	EDGE PT/ Adult Swim/ Private Lessons 7-10am	Open Swim/ Lessons 7-8:30am		
8:00am			Kids & Fitness/ Lessons 8:30-11am	Kids & Fitness/ Adult Swim 9-10am	Kids & Fitness/ Lessons 9-11am		Cardio Splash 10-11am	Cardio Splash 10-11am	Lessons Only 8:30-9:30am
9:00am									
10:00am		Open Swim/ Lessons 10am-12pm	Arthritis 11am-12pm	Arthritis 11am-12pm	Arthritis 11am-12pm	Open Swim/ Lessons 11am-12pm	Open Swim/ Lessons 9:30a-5:30p		
11:00am									
12:00pm		EDGE PT/ Adult Swim/ Private Lessons 12-4pm	EDGE PT/ Adult Swim 1-3:15pm	EDGE PT/ Adult Swim 1-3:15pm	EDGE PT/ Adult Swim 1-3:15pm	EDGE PT/ Adult Swim/ Private Lessons 12-4pm			
1:00pm									
2:00pm									
3:00pm		EDGE PT/ Private Lessons 3:15-4:45pm	EDGE PT/ Private Lessons 3:15-4:45pm	EDGE PT/ Private Lessons 3:15-4:45pm	EDGE PT/ Private Lessons 3:15-4:45pm	Open Swim/ Lessons 4-8:30pm			
4:00pm									
5:00pm		Club Closed	Open Swim/ Lessons 4-8:30pm	Open Swim/ Lessons 4:45-8:30pm	Open Swim/ Lessons 4-8:30pm	Open Swim/ Lessons 4:45-8:30pm		Open Swim/ Lessons 4-8:30pm	
6:00pm									
7:00pm									
8:00pm									

Reminders

- ❖ Children who are not toilet trained must wear disposable swim diaper AND fitted outer swim cover.
- ❖ Parents/Guardians must check diapers frequently.
- ❖ Children age 14 and younger must be closely monitored by an adult in the pool area.
- ❖ Children age 14 and younger are not permitted in the hot tub.
- ❖ Adult Swim Hours = No Children, Open Swim Hours = All Ages.
- ❖ Questions or concerns: rodneyc@edgevt.com

EDGE Aquatics Programs are meant to support each person's desire for a healthy active lifestyle. People who use the pools represent all walks of life. Our professional aquatics staff is here to assist you in any way we can.

Adults can find:

- * Private instruction to take up swimming as a new activity, to refine technique, or to prepare for competition
- * Group swimming for exercise or competition with a healthy social component
- * Group exercise classes in the pool designed with your fitness level in mind

Kids can find:

- * Group lessons taught by skilled instructors focused on confidence, skills, fun and safety, 6-week sessions
- * Private lessons tailored to a child's existing skills aimed at rapid progress, by appointment
- * Swim Team that welcomes new members year-round; a quick assessment is all it takes

Families can find:

- * Family-focused private swim lessons where all family members attend and gain relevant skills, by appointment
- * Opportunities to rent the pool for a birthday or movie night (weekend evenings)

Contact rodneyc@edgevt.com

Is there something you'd like to see offered in the pools at the EDGE that we don't currently offer? *Let us know.*