



City of Bethel
Parks, Recreation, Aquatic, Health & Safety Center Committee
Regular Meeting - Monday, October 12, 2020 6:00 pm
City Hall Council Chambers, Bethel, AK

Brian Lefferts
Committee Chair
Term Expires 2020

Judy Wasierski
Vice-Chair
Term Expires 2021

Kathy Hanson
Committee Member
Term Expires 2021

Beverly Hoffman
Committee Member
Term Expires 2021

Garrett Hussion
Committee Member
Term Expires 2022

Rose Henderson
Committee Member
Term Expires 2023

Kathryn Baldwin
Alt. Committee Member
Term Expires 2020

Michelle DeWitt
Council Representative
Term Expires 2020

Stacey Reardon
YK Fitness Center Director

Corbin Ford
Property Maint. Foreman
Ex Officio Member

We are hosting our public meeting via Zoom.

To join this meeting, follow these instructions:

Go to the website, <https://zoom.us/join> or

Call: 253-215-8782, 301-715-8592, 312-626-6799, 346-248-799, 699-900-6833, or 929-205-6099

Zoom Meeting ID: 939 7507 5606 Passcode: 004626

I. CALL TO ORDER

II. ROLL CALL

III. PEOPLE TO BE HEARD – Three minutes per person

We are accepting written testimony from the public for each of our public meetings. Deadline to submit written testimony will be 4:00pm the day of the meeting. Please send written testimony to pwadmin@cityofbethel.net.

Anonymous submissions will not be accepted.

IV. APPROVAL OF AGENDA

V. APPROVAL OF MINUTES

- A. September 14, 2020

VI. UNFINISHED BUSINESS

- A. Phase II Multipurpose Facility
- B. 2020 Committee Goals
- C. Pinky's Park Developments and Updates Park Names
- D. Sugar-Sweetened Beverage Tax
- E. Contracted Services/Re-establish a Parks and Recreation Department by FY2022

VII. NEW BUSINESS

- A. Boardwalk Issues
- B. Existing YKFC Maintenance Contracts

VIII. PROPERTY MAINTENANCE REPORT

IX. YK FITNESS FACILITY DIRECTOR REPORT

X. COMMITTEE MEMBER COMMENTS

XI. ADJOURNMENT

Posted October 6, 2020 at City Hall, AC Co., Swanson's, and the Post Office.

Charlie Dan, Public Works Assistant

Website: <https://www.cityofbethel.org/prahscc>

City of Bethel, Alaska

Parks, Recreation, Aquatic, Health & Safety Center Committee Minutes

September 14, 2020

Regular Meeting

Bethel, Alaska

I. CALL TO ORDER:

A regular Parks and Recreation Committee Meeting was held on September 14, 2020 via Zoom. Brian Lefferts called the meeting to order at 06:03 pm.

II. ROLL CALL:

Comprising a quorum of the committee, the following were present for Roll Call: Brian Lefferts, Judy Wasierski, Kathy Hanson, Beverly Hoffman, Rose Henderson, Kathryn Baldwin, Michelle DeWitt and Garrett Hussion.

Also Present: Charlie Dan and Stacey Reardon

Excused Absence: Bill Arnold

Unexcused Absence: Corbin Ford

III. PEOPLE TO BE HEARD:

IV. APPROVAL OF AGENDA:

MOVED BY:	Beverly Hoffman	Motion to approve Agenda.
SECONDED BY:	Rose Henderson	
VOTE ON MOTION	Motion carried by unanimous vote.	

V. APPROVAL OF MINUTES:

MOVED BY:	Kathy Hanson	Motion to approve meeting minutes for August 10, 2020.
SECONDED BY:	Judy Wasierski	
VOTE ON MOTION	Motion carried by unanimous vote.	

MOVED BY:	Rose Henderson	Motion to approve meeting minutes for August 24, 2020.
SECONDED BY:	Kathy Hanson	
VOTE ON MOTION	Motion carried by unanimous vote.	

VI. UNFINISHED BUSINESS:

A. Phase II Multipurpose Facility- City Council approved \$78,000 to fund a feasibility study for Phase II. Agnew Beck-update study for Comprehensive Plan of 2011.

B. 2020 Committee Goals-Revisiting the trail between college/hospital. Attention be constant for our boardwalks and trails-Moravian Church/Kilbuck Street needs some care.

C. Pinky's Park Developments and Updates Park Names-5 unnamed park spaces. "Name-a-Park". List out unnamed parks and request for recommendations. Suggest removing the Senior Center Park from the list. Vote-similar to the multipurpose field.

D. Sugar-Sweetened Beverage Tax-

MOVED BY:	Rose Henderson	Motion to recommend to City Council the amendments below that were suggested at our last meeting.
SECONDED BY:	Garrett Hussion	
VOTE ON MOTION	Motion carried by unanimous vote.	

- ❖ Amend 04.07a090, clarify how to prioritize funds. "Prioritize making up the deficit in annual sales tax revenue to the Yukon Kuskokwim Fitness Center and strategic planning for a Phase II gym, followed by trails and boardwalk development and other recreational operations."

- ❖ Add indoor and outdoor in front of recreation in the second whereas.
- ❖ Add verbiage in the ordinance after Indoor Recreation is a limited commodity, "Funds from this will support the development and construction of Phase II, a Multipurpose Community Gym."
- ❖ Add verbiage at the end of whereas statements inside the ordinance, "Sustaining and expanding our current Fitness Center will improve social and physical well-being for current and prospective residents."

MOVED BY:	Beverly Hoffman	Motion to suspend the rules to hear from Brooke Sherick-Odom.
SECONDED BY:	Rose Henderson	
VOTE ON MOTION	Motion carried by unanimous vote.	

E. Parks/Public Spaces Permit System- remove from agenda

VII. NEW BUSINESS:

- A. Contracted Services/Re-establishing a Parks and Recreation Department by FY2022-What will it take to re-establish Parks and Recreation Department? Council? Administration will have to create the department and budget for it. Clarify what everyone's role will be. Parks Department cannot perform maintenance on Parks completely without the Property Maintenance Department. Have a section of PW in Public Works that focus mainly on parks/cemeteries, separate from some of the other divisions within the department and then contract out recreational services. Put out RFP to contract out recreational programming? In-House Parks and Trails maintenance.

MOVED BY:	Beverly Hoffman	Motion to recommend to City Council a budget modification for \$150,000 for recreational programming efforts.
SECONDED BY:	Rose Henderson	
VOTE ON MOTION	Motion carried by unanimous vote.	

VIII. PROPERTY MAINTENANCE REPORT:

IX. YKFC FACILITY DIRECTOR'S REPORT:

X. MEMBER COMMENTS:

- Brian Lefferts:
 Judy Wasierski:
 Kathy Hanson:
 Beverly Hoffman: Thank you all.
 Rose Henderson: Thank you, Lori and Michelle, for all of your hard work in putting together the grant application.
 Kathryn Baldwin:
 Garrett Hussion:
 Michelle DeWitt:

XI. ADJOURNMENT:

MOVED BY:	Beverly Hoffman	Motion to adjourn.
SECONDED BY:	Judy Wasierski	
VOTE ON MOTION	Motion carried by unanimous vote.	

With no further business, meeting adjourned at 07:56 PM.

APPROVED THIS _____ DAY OF _____, 2020.

Brian Lefferts
Committee Chair

Charlie Dan
Recorder of Minutes

Recreational Services Contract

Scope of Work:

- 1) One special event each month.
- 2) General Field Scheduling and Equipment Check-Out duties on a daily basis.
- 3) Administrative assistance/coordination with volunteer parents, coaches and community members for: Adult Softball, Little League, Basketball, Ultimate Frisbee and Soccer Open Gym, Archery, Broomball, City League Basketball, Volleyball and other activities.

Suggested Special Events

- 1) 5K and/or 10K
- 2) Fourth of July events
- 3) Ice Skating
- 4) Festival of outdoor groups and games for youth led by fun adults- 4-5 hours a day for 2-3 days when school gets out.
- 5) Family Olympics
- 6) Bike Ride and/or Bike Rodeo
- 7) Triathlon (outside biking/running; separate from YKFC inside-facility programs)
- 8) Summer Festival
- 9) Safety Classes- Boating and Snow Machine
- 10) Outdoor volleyball
- 11) Cross Country Skiing
- 12) TBD

General Activities

Field/Open Gym Management
Equipment Checkout
Volunteer Coordination/ Support

Budget Estimate

1 FT Program Coordinator (salary and fringe)	\$70,950
1 PT Volunteer Coordinator (hourly + fringe @avg. 15-20 hrs/week)	\$19,500
Office and storage (incl. water/sewer, elec.)	\$25,000
Event and start up supplies, computer and cell phone	\$20,000
Total	\$135,450

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Facility Hours
 Mon-Fri 5:30am-9pm
 Sat & Sun: 2pm-9pm

September 21st, 2020

Important Links

- YK Fitness Center Website:
<http://www.ykfitness.org/>
<http://www.ykfitness.org/covid19>
- City of Bethel Website:
<https://www.cityofbethel.org/>
- Bethel, AK Local News:
<https://www.kyuk.org/>
- Yukon-Kuskokwim Health Corporation
<https://www.ykhc.org/covid-19/>
- State of Alaska COVID-19 Website:
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>
- CDC Website:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

3Ts with Warren Starts this week

Register today ykfitness.org/instructional or call 543-0390.

Develop balance, coordination, and flow to improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing.

Masks and Social Distancing required.

Youth: Age 7-15,

Tuesdays, 4:30-5:30pm September 22nd – October 27th

Saturdays, 4:30-5:30pm September 26th – October 31st

Adult: Age 16+,

Thursdays 5:30-6:30pm September 24th – October 29th

Saturdays 5:30-6:30pm September 26th – October 31st

Participants may register for one class or both but may only attend the day registered for.

IMMUNITY IS YOUR BEST GUARD

- EAT PLENTY OF FRESH FRUITS, VEGETABLES & WHOLE GRAINS
- LIMIT JUNK FOOD IN THE HOUSEHOLD
- EXERCISE REGULARLY
- AVOID STRESSFUL SITUATIONS, SLEEP WELL

Kikmiññaq : Lowbush Cranberries

Feast Freely on Organic Berries from the Tundra!

FOOD IS MEDICINE

Get the facts to make healthy choices for your family.

Kikmiññaq are tart and sweet. They grow almost everywhere. Eating berries from the tundra, such as kikmiññaq, may help protect you and your family from cancer, heart disease and diabetes.

3 Great Reasons to Gather & Eat Lowbush Cranberries

1. **Improve cardiac function and lower your blood pressure.** Kikmiññaq are rich in antioxidants, which play an important role in reducing plaque in your arteries and blood vessels.
2. **Boost your immune system.** Kikmiññaq is an excellent source of vitamin C.
3. **Save money and protect the environment.** Kikmiññaq is free and local. The less your food travels, the better for the environment.

Nutrition Facts
 Lowbush Cranberry: Kikmiññaq
 Amount per 100 gram
Calories 41

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 0.5g
80%	Trans Fat 0.1g
60%	Cholesterol 0.1g
20%	Sodium 0.1g
30%	Total Carbs 1g
40%	Dietary Fiber 0.5g
10%	Sugars 0.1g
80%	Protein 0.1g
20%	Vitamin C 10mg
20%	Vitamin E 0.1mg
20%	Iron 0.1mg
20%	Calcium 0.1mg
20%	Potassium 0.1mg
20%	Vitamin A 0.1mg

Cranberries are so powerhouse! They have more antioxidants than almost any other berry or fruit!

Curaq: Blueberries

Feast Freely on Organic Fruit from the Tundra!

FOOD IS MEDICINE

Get the facts to make healthy choices for your family.

Wild Alaskan blueberries are a free, organic SUPERFOOD. They are higher in antioxidants than blueberries from the store. Eating fruits that are high in antioxidants may help protect your body from aging, cancers, and heart disease.

Blueberries are good for your brain!

374 Calories vs. 481 Calories

Nutrition Facts
 Blueberries: Curaq
 Amount per 100 gram
Calories 90

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 0.5g
80%	Trans Fat 0.1g
60%	Cholesterol 0.1g
20%	Sodium 0.1g
30%	Total Carbs 1g
40%	Dietary Fiber 0.5g
10%	Sugars 0.1g
80%	Protein 0.1g
20%	Vitamin C 10mg
20%	Vitamin E 0.1mg
20%	Iron 0.1mg
20%	Calcium 0.1mg
20%	Potassium 0.1mg
20%	Vitamin A 0.1mg

Goal is to reach 100% of these nutrients daily.

Club Interest Survey

Parents, we know many of you may be struggling to balance work hours with your children's needs and we wanted to reach out to see if there is interest in participation in club programs here at the Fitness Center. Any programs we offer will comply with COVID-19 safety protocols and procedures to assure safety of staff and participants. We appreciate your feedback on our [club interest survey](#) to help us get a sense of your needs and interests.



Alaska wild berries have extraordinarily high antioxidant levels and are a great source of nutrients!

Naunrat: Salmonberries

Feast Freely on Sweet Organic Berries from the Tundra!

FOOD IS MEDICINE

Get the facts to make healthy choices for your family.

Eating fruit from the tundra, such as naunrat, may help protect you and your family from cancer, heart disease and diabetes.

Organic Salmonberries vs. Canned Fruit Cocktail

Nutrition Facts
 Salmonberries: Naunrat
 Amount per 100 gram
Calories 68

% Daily Value*	
20%	Total Fat 1g
40%	Saturated Fat 0.5g
80%	Trans Fat 0.1g
60%	Cholesterol 0.1g
20%	Sodium 0.1g
30%	Total Carbs 1g
40%	Dietary Fiber 0.5g
10%	Sugars 0.1g
80%	Protein 0.1g
20%	Vitamin C 10mg
20%	Vitamin E 0.1mg
20%	Iron 0.1mg
20%	Calcium 0.1mg
20%	Potassium 0.1mg
20%	Vitamin A 0.1mg

Cost: \$5.99

Become a Certified Lifeguard!

Lifeguard training will be offered in October. (Dates TBA).

Start training now! Visit <http://www.ykfitness.org/certifications> for details.



Yukon-Kuskokwim Fitness Center

Facility Hours
 Mon-Fri 5:30am-9pm
 Sat & Sun: 2pm-9pm

Safety. Wellness. Community



October 2020
 Facility Updates: p. 1
 Group Fitness p.2
 Swim Lessons p.3
 Studio & Pool Schedules: p. 4



If you:

- are sick,
- have traveled,
- have tested positive for COVID-19
- have been in close contact with someone who has tested positive for COVID-19

Please do not visit the facility. Go to our website for policies and requirements.

<http://www.ykfitness.org/covid19>

Annual Memberships Still Valid
 If you purchased a membership during our October 2019 PFD sale, your membership is still valid. Memberships have been extended into December to accommodate recent closures. If you have questions about your membership, please contact us at ykfc@cityofbethel.net.

3Ts with Warren: Last chance to register!
ykfitness.org/instructional or call 543-0390.
 Develop balance, coordination, and flow to improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing.
[Masks and Social Distancing required.](#)
Youth: Age 7-15, Participants may register for one class or both but may only attend the day registered for.
Tuesdays, 4:30-5:30pm September 22nd – October 27th. Registration Closes 9/29
Saturdays, 4:30-5:30pm September 26th – October 31st. Registration Closes 10/3
Adult: Age 16+,
Thursdays 5:30-6:30pm September 24th – October 29th. Registration Closes 10/1

Please help **stop the dirt at the door** by removing or covering outside shoes at the entrance.

Keep It Neat!

Indoor Shoes ONLY

Remove or Cover all shoes that have been worn outside.

Thank you for helping keep our facility clean.

If you are using the the fitness center or studio, please bring a clean pair of "indoor" shoes. This keeps the facility cleaner and significantly prolongs the life of our equipment.
Thank you for helping us keep the facility and equipment clean.

Join our **Fall Into Fitness Challenge** and work towards achieving the CDC recommended 150 minutes of exercise a week.

Why It Matters

1 IN 2

About 1 in 2 adults live with a chronic disease. About half of this group have two or more.

1/2

Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

Physical Activity Saves Lives and Protects Health

Getting enough physical activity could prevent 1 in 10 premature deaths

It could also prevent:

1 in 8 cases of breast cancer

1 in 8 cases of colorectal cancer

1 in 12 cases of diabetes

1 in 15 cases of heart disease





Group Fitness Classes October 2020

Class Descriptions

See current month schedule for dates and pricing.

COVID-19 precautions include requiring masks in all areas of the facility, including during classes. We apologize for the inconvenience and appreciate everyone helping us keep the facility safe, so we can remain open for you.

Class	Schedule	Location	Capacity Limit
Anti-Gravity/Barre With Kevin	Wednesdays at 6AM 10/7	Studio	10
Bootcamp With Kevin	Mondays at 6AM 10/5 Fridays at 6AM 10/2, 10/9	Studio	10
Cycling With Rose	Tuesdays at 6:30pm 10/6, 10/13, 10/20	Studio	10
Masters Swim With Renee	Fridays at 6pm 10/2, 10/9, 10/16, 10/23, 10/30	Pool	6
Water Aerobics With Stacey	Wednesdays at 9AM 10/7, 10/14, 10/21, 10/28	Pool	12
Week End Wind Down With Kevin	Fridays at 7pm 10/2	Studio	10
Classes are First Come First Served. Drop-in or use a Fitness Class Pass. Drop-in Rate: \$11 Non-Member/\$7.15 Member			

Barre + Anti-Gravity: This 60-minute class is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, and lean physique. The Barre + Anti-Gravity workout combines elements of dance, yoga and high rep resistance training and is all low impact. With heavy focus on body weight total body strengthening, light weight dumbbell-high rep upper body strength training, and core stability, you will build functional strength and sculpt your body. This workout emphasizes improving muscle endurance, tone, coordination and balance.

Bootcamp: 60-minute class to get fit fast using this total body training. Classes are designed so that participants exert moderate to high intensity to burn calories. Anything is game in this class, which uses full-body interval training mixed with HIIT type workouts to improve strength and build lean muscle. Varied activities will include the use of the body's own weight to create resistance, along with dumbbells, kettlebells, battle ropes, and other forms of resistance. Agility, power, and speed are emphasized in this athletic workout. Designed for those at an intermediate or advanced level with modifications demonstrated and encouraged if needed.

Cycling: This 60-minute class is a stationary bike class. Participants will cycle to music, and through direction from instructor will cycle through various endurance cycling workouts. Participants will burn calories, keep muscles in shape, and improve cardiovascular endurance and strength. This class is a great way to get a vigorous workout without the impact of running or jumping. Beginner to advanced welcome.

Masters Swim: This 60-minute class is open to all adult swimmers who are dedicated to improving their fitness levels through swimming. Our instructor will challenge participants through structured workouts designed to improve your endurance, strength, speed, and power in the water. One of the greatest benefits of master's swimming is being able to complete workouts within a structured group. Swimmers should be at least 16 years old, have basic knowledge of the four competitive swimming strokes, and swim four lengths of the pool without stopping. **COVID-19 mask may be removed while swimming but must be worn in locker rooms and while walking on deck.**

Water Aerobics: This 60-minute class is a low-impact, full body workout focusing on flexibility, strength, balance, and endurance. Reduce muscle and joint pain, improve balance and coordination, and have fun! Swimming experience is not required.

Week End Wind Down: This 60 minute class focuses on stretches for the total body and concludes with a relaxation segment. Balance your workout routines with flexibility training to enhance sports performance, increase strength and range of motion, and reduce risk for injury. The class uses a variety of stretch techniques including use of stretch straps, foam rollers and pressure point balls to break up trigger points and soothe tight muscles and fascia while increasing blood flow and circulation. Participants at all levels of physical fitness are encouraged to attend.

[Visit ykfitness.org](http://ykfitness.org) or call 543-0390 for details or to purchase your [Fitness Class Pass](#).

Mask required during all activities except showering and swimming.

Your mask protects me, my mask protects you.

Thank you for keeping our facility safe





Swim Lessons



Classes Meet October 18th - December 12th

Face masks required in locker rooms and on pool deck.
 Participants will be required to social distance from others. Instructors will remain distanced from swimmers.
 Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.

Swimmers in Preschool and Level 2 classes are **required to have an Adult in the water with them.**
 Adult will be responsible for assisting swimmer with skills and assuring swimmers maintain distance from instructor and other swimmers.

AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Mem	Non Mem
3-5 years	Preschool 1	Mondays 5:30-6:00p	Swimmers entering this class must be at least 3 years old on the first day of class.	\$35	\$53
	Preschool 2	Mondays 6:05-6:35p	Swimmers entering this level must be at least 3 years old on the first day of class, should be willing to put their face in the water fully submerge their head and be willing to float on their back with ears in the water with minimal assistance.		
	Preschool 3	Wednesdays 5:30-6:00p	Swimmers entering this level must be at least 3 years old on the first day of class, should be comfortable putting their face in the water and fully submerging without assistance. Swimmers should be able to float with minimal assistance on their front with their face in the water and on their back with their ears in the water and should be ready to attempt these skills without assistance.		
6+ years	Level 2	Wednesdays 6:05-6:50p	Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater without assistance. Swimmers should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support.	\$49	\$75

Upper level swimmers will be expected to follow all safety protocols, including social distancing. Participants who do not follow safety rules will be removed from class.

AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Mem	Non Mem
6+ years	Level 3	Sundays 2:30-3:15p	Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water. Swimmers entering this class must be at least 6 years old on the first day of class.	\$49	\$75
	Level 4	Mondays 6:40-7:25p	Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute.		
	Level 5	Wednesdays 6:55-7:40p	Swimmers entering this level should be able to comfortably swim 25 yards each of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards each of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes.		
16 +	Adult Beginner	Sundays 3:15-4:15p 10/18-11/8	Learn basic swimming and water safety skills. No previous swimming experience needed.	\$33	\$50
	Adult Intermediate	Sundays 3:15-4:15p 11/15-12/6	Swimmers entering this class should be familiar with the basic swim strokes and ready to develop/improve swim technique and endurance.		





October 2020 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED		
6:00-6:30a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
6:30-7:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
7:00-7:30a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
9:00-10:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
10:00-11:00a	6 Lap	6 Lap	2 Lap/4 WX	6 Lap	6 Lap			
11:00a-12:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			Available for Rental
12:00-1:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
1:00-2:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED		
2:00-2:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
2:30-3:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
3:00-3:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
3:30-4:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
4:00-4:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
4:30-5:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
5:00-5:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
5:30-6:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
6:00-6:30p	3 Lap/ 3Group	3 Lap/3 Rec	3 Lap/ 3Group	3 Lap/3 Rec	3 Lap/ 3 Masters	3 Lap/3 Rec	3 Lap/3 Rec	
6:30-7:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
7:00-7:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
7:30-8:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
8:00-8:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
8:30-9:00p	Closed							

All swimmers must wear masks while on deck. Masks may be removed when entering the water.

Spa Capacity is 6 people.

Shallow area will be closed for swim classes Monday & Wed 5:30-6:30pm

Schedule subject to change without notice



October 2020 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	
6:00-7:00a	Bootcamp		Antigravity/ Barre		Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p							
1:00-2:00p							
2:00-3:00p							
3:00-3:30p							
3:30-4:00p							
4:00-4:30p							
4:30-5:00p		3Ts				3Ts	
5:00-5:30p							
5:30-6:00p				3Ts			
6:00-6:30p							
6:30-7:00p		Cycling					
7:00-7:30p							
7:30-8:00p							
8:00-8:30p							
8:30-9:00p							

Check the Weekly Schedule for class occurrences on specific dates.

Schedule subject to change without notice