



COTTONWOOD POOL SCHEDULE

SEPTEMBER 1st 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15a-9:15a Total Fit (WAVE) Becky	8:15a-9:15a HIIT (WAVE) Manuela	8:15a-9:15a Total Fit (WAVE) Wendy	8:15a-9:15a HIIT (WAVE) Manuela	8:15a-9:15a Lazy River Run (Lazy River) Becky	9:00a-11:30a <i>Swim Lessons ONLY!</i>	
9:30a-10:30a Active Aqua (Lazy River) Manuela		9:30a-10:30a Active Aqua (Lazy River) Wendy		9:30a-10:30a HIIT (WAVE) Becky	12:00p-5:30p *OPEN SWIM	12:00p-5:30p *OPEN SWIM
8:00a-12:00p *OPEN SWIM	8:00a-12:00p *OPEN SWIM	8:00a-12:00p *OPEN SWIM	8:00a-12:00p *OPEN SWIM	8:00a-12:00p *OPEN SWIM	2:00p-5:00p <i>Birthday Parties</i>	2:00p-5:00p <i>Birthday Parties</i>
4:00p-7:30p *OPEN SWIM 4:00p-7:00p <i>Swim Lessons</i>	4:00p-7:30p *OPEN SWIM 4:00p-7:00p <i>Swim Lessons</i>	4:00p-7:30p *OPEN SWIM 4:00p-7:00p <i>Swim Lessons</i>	4:00p-7:30p *OPEN SWIM 4:00p-7:00p <i>Swim Lessons</i>	4:00p-7:30p *OPEN SWIM		

RECREATIONAL SWIM HOURS

Monday-Friday

8:00am-12:00pm (Open Swim)
4:00pm-7:30pm (Open Swim)

Saturday & Sunday

12:00pm-5:30pm (Open Swim)

HAVE YOU BEEN SWIM TESTED?

Every child 12 years old and under will need to wear the appropriate band every time they use our pool facilities. Below, are our association-wide swim guidelines.

Safety is our highest priority. Everyone under twelve can take a swim test. Children 4 ft. and under will automatically receive a red band.

Adult supervision of kids is important as it allows our lifeguards and aquatic safety staff to focus on the water and keeping everyone safe. Children with a red band must be accompanied by an adult. Children under ten years of age must have a parent or caregiver in the facility.



CLASS DESCRIPTIONS

TOTAL FIT

This full-body workout targets cardiorespiratory fitness, muscular strength, endurance and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. All fitness levels are welcome. Different intensity options are offered.

LAZY RIVER RUN

This class is a steady moving/traveling—walking and running, both with the current and against the current. Often, we'll stop to work on core and other key muscle groups throughout the class. Water shoes are recommended, however, not necessary.

ACTIVE AQUA

This full-body workout in shallow water (waist to chest water depth) targets cardiorespiratory fitness, muscular strength, endurance, and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. All fitness levels welcome. Different intensity options are offered.

For questions, please contact Wendy Ladau at wladau@ppymca.org

HIIT - AQUATICS

This class combines high-intensity interval training (HIIT), circuit training, and strength training by alternating short periods of intensity with less intense recovery periods. This workout targets cardiorespiratory fitness, increasing metabolism, burning fat, muscle toning, and weight loss. It provides a great aerobic workout with less stress on the knees, ankles, and lower back. All fitness levels are welcome, and different intensity options are offered.