



Colony Cottage Sports Pool

Fall/Winter 2019/2020 (October 1, 2019 - March 31, 2020)

	7-7:50a	8-8:50a	9-9:50a	10-10:50a	11-11:50a	12-12:50p	-1:50p	2-2:50p	3-3:50p	4-4:50p	5-5:50p
Monday	Combo Swim	Combo Swim	Julie's Water Aerobics	Combo Swim	Pat's Water Aerobics	Combo Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Swim Fit	Combo Swim	Combo Swim	
Tuesday	Combo Swim	Combo Swim	Michael's Water Aerobics	Triathlon	Combo Swim	Combo Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Combo Swim	Combo Swim	Combo Swim	
Wednesday	Combo Swim	Combo Swim	Meryle's Water Aerobics	Lap Swim	Lap Swim	Lap Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Water Volleyball Organized Basic	Combo Swim		
Thursday	Combo Swim	Combo Swim	Diane's Water Aerobics	Triathlon	Pat's Water Aerobics	Combo Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Swim Fit	Combo Swim	Combo Swim	
Friday	Combo Swim	Combo Swim	Donna & Rons Water Aerobics	Lap Swim	Lap Swim	Lap Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	102/ 103 WVB	Combo Swim		
Saturday	Combo Swim	Combo Swim	Lori's Water Aerobics	Combo Swim	Combo Swim	Open Exercise	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Combo Swim	Combo Swim	Combo Swim	
Sunday	Combo Swim	Combo Swim	Combo Swim	Triathlon	Combo Swim	Combo Swim	WVB Adv (3 cts) ** Adv. Int (3 cts) **	Combo Swim	Combo Swim	Combo Swim	

Phone:(352)750-2488 See Page 3 for sports pool guidelines. All activities start on the hour and end 10 minutes before the next hour.

Pool hour and activities subject to last-minute changes. Changes will be posted at the pool and recreation center. All Water Volleyball activities are Co-ed unless otherwise noted. A lifestyle ambassador and/or staff member will help to form a line in the pool area, prior to the activity start time. The location of the line may vary from center to center. Requests for additional programming will be accepted in February 2020 for the Spring/Summer session (April 1-Sept. 30 2020). All sports pool are for residents only age 30 & older - please bring your Villages ID card. If your interested in volunteering to lead a program at the sports pool resident lifestyle activity please see the Recreation Facilities Manager at your nearest regional recreation center.

****Sign-up required, for information visit www.villagesvolleyball.com**