

POOL SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:00-8:00 AM	OPEN SWIM					Closed	Closed
8:00- 9:00 AM	H2O Fitness	Aqua Zumba	H2O Fitness	Aqua Zumba	H2O Fitness	Open Swim 	OPEN SWIM
9:00-10:00 AM	Open	Open	Open	Open	Open		
10:00-11:00 AM	Hydro-Fit		Hydro-Fit		Hydro-Fit		
11:00-12:00 PM	Senior Time	Senior Time	Senior Time	Senior Time	Senior Time	Pool closes @ 2:30	Pool closes @ 2:30
1:00-3:30 PM	OPEN SWIM						
3:45-5:30 PM	Swim team using 3 lap lanes--- Adults can use other 2 lanes for lap swim or exercise. No other youth in pool during this time!						
5:30-8:30 PM	OPEN Close 8:30	Deep Water Power 6:15 -7pm Close 8:30	OPEN Close 8:30	Deep Water Power 6:15-7pm Close 8:30	OPEN Closes @ 7:30 PM	Closed	Closed

*No open swim during swimming lessons, water aerobics, or Senior time.

**All schedules are subject to change!

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER CUT I	8:30 AM		8:30 AM		8:30 AM
POWER CUT II		6:00 AM		6:00 AM	
POWER PACE I	5:45 AM		5:45 AM		5:45 AM
SILVER SNEAKERS CLASSIC	9:20 AM		9:20 AM		9:20 AM
PILATES	5:15 PM		5:15 PM		
ZUMBA	6:15 PM		6:15 PM		

Facility Hours

Monday – Thursday 5:00 am – 9:00 pm

Friday 5:00 am – 8:00 pm

Saturday & Sunday 8:00 am – 3:00 pm

Changes to 6 PM on Saturday & Sunday October 5th.