



# POOL SCHEDULE

## Fall 2023



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30-8:00 AM	Open	Open	Open	Open	Open	Closed	Closed
8:00- 9:00 AM	H2O Fitness	Aqua Zumba	H2O Fitness	Aqua Zumba	H2O Fitness	Swim Lessons 8-noon 	<b>OPEN SWIM</b>
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	Open Swim	
12:00-3:30 PM	Open	Open	Open	Open	Open		
3:30-5:30 PM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:00-8:30 PM	OPEN <small>Close 8:30</small>	Deep Water Power 6:15 -7pm <small>Close 8:30</small>	OPEN <small>Close 8:30</small>	Deep Water Power 6:15-7pm <small>Close 8:30</small>	OPEN Closes @ 7:30 PM	Closes @ 5:30 PM	

\*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
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		
Bike & Weights			5:45-6:30PM		
PILATES	5:15 PM		5:15 PM		
BODY SCULPT		5:10 PM		5:10 PM	
STEP		5:40 PM		5:40 PM	
ZUMBA	6:15 PM		6:15 PM		
FLOW (yoga)			6:00AM	5:15-6PM	

## Fall Facility Hours

Monday – Thursday 5:30 am – 9:00 pm  
 Friday 5:30 am – 8:00 pm  
 Saturday 8:00 am – 6:00 pm  
 Sunday 8:00 am – 6:00 pm