POOL SCHEDULE

LAP POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Lanes Lap 1 Lane Open 7:00am-5:30pm	5 lanes Lap 1 Lane Open 5:30am-4:00pm	5 lanes Lap 1 Lane Open 5:30am-4:45pm	5 lanes Lap 1 Lane Open 5:30am-4:00pm	5 lanes Lap 1 Lane Open 5:30am-4:00pm	5 lanes Lap 1 Lane Open 5:30am-4:30pm	Swim Team (4) Lap (2) 7:00-9:00am
						5 Lanes Lap 1 Lane Open 9:00-9:45am
						Swim Team (4) Lap (2) 9:45-11:00am
						5 Lanes Lap 1 Lane Open 11:00am-5:30pm
	Swim Team (4) Lap (2) 4:00-8:30pm	Swim Team (4) Lap (2) 4:45-8:30pm	Swim Team (4) Lap (2) 4:00-8:30pm	Swim Team (4) Lap (2) 4:00-8:30pm	Swim Team (4) Lap (2) 4:30-7:30pm	

■ All lanes open
■ Swim Team

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

SPA

Spa
Monday - Thursday 5:30am - 8:30pm
Friday 5:30am - 7:30pm
Saturday 7:00am -5:30pm
Sunday 7:00am - 4:00pm

BABY POOL

Baby
Monday - Thursday 5:30am - 8:30pm
Friday 5:30am - 7:30pm
Saturday & Sunday 7:00am -5:30pm

the Arena club

POOL SCHEDULE

RECREATION POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Box 8:00-8:45am	Aqua Sculpt & Tone 8:00-8:45am		Athletic Aqua 8:00-8:45am		
						Aqua Zumba 9:00-9:45am
12-5:30pm Slides Closed						*12-5:30pm Slides Closed*
	4-8pm Slides Closed	*4-8pm Slides Closed*	*4-8pm Slides Closed*	*4-8pm Slides Closed*	*4-7:30pm Slides Closed*	

THERAPY POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open 5:30am - 9:00am		Open 5:30am - 9:00am	Open 5:30am - 9:00am	Open 5:30am - 9:00am	
	Aqua Sculpt & Tone 9:00am - 9:45am		Aqua Sculpt & Tone 9:00am - 9:45am	Underwater Hula 9:00am - 9:45am	Aqua Yoga 9:00am - 9:45am	
Open 7:00am - 5:30pm			Arena Rx (Closed Class) 11:00am - 11:45am			Open 7:00am - 5:30pm
	Open 9:45am - 8:30pm	Open 5:30am - 6:00pm	Open 11:45am - 8:30pm	Open 5:30am - 6:00pm	Open 9:45am - 7:30pm	
		Aqua Sculpt & Tone 6:00pm - 6:45pm		Aqua Sculpt & Tone 6:00pm - 6:45pm		
		Open 6:45pm - 8:30pm		Open 6:45pm - 8:30pm		

• **Registration is required for all aquatics classes**

Therapy Pool may also be used for swim lessons.

■ All Open
■ Aqua Classes