



# POOL SCHEDULE

EFFECTIVE  
OCTOBER 18

## LAP POOL

## SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Lanes Lap 1 Lane Open 7:00am-5:30pm	Swim Team (3) Lap (3) 5:30-6:45am	5 lanes Lap 1 Lane Open 5:30am-8:00am	Swim Team (3) Lap (3) 5:30-6:45am	5 lanes Lap 1 Lane Open 5:30am-9:00am	Swim Team (3) Lap (3) 5:30-6:45am	Swim Team (4) Lap (2) 7-9am
	5 lanes Lap 1 Lane Open 6:45am-8:00am		5 lanes Lap 1 Lane Open 6:45am-8:00am	Athletic Aqua (2) Lap Swim (4) 8:00-8:45am	5 lanes Lap 1 Lane Open 6:45am-3:30pm	
	Aqua Box (2) Lap (4) 8:00-8:45am	Aqua Sculpt & Tone (2) Lap (4) 8:00-8:45am	Deep Water (2) Lap (4) 8:00-8:45am	Aqua Rhythm (2) Lap Swim (4) 9:00-9:45am		Aqua Zumba Lap Swim (4) 9:00-9:45am
	5 lanes Lap 1 Lane Open 8:45am-3:30pm	5 lanes Lap 1 Lane Open 8:45am-3:30pm	5 lanes Lap 1 Lane Open 8:45am-3:30pm	5 lanes Lap 1 Lane Open 9:45am-3:30pm	5 lanes Lap 1 Lane Open 9:45am-5:30pm	
Swim Team (4) Lap (2) 3:30-8:30pm	Swim Team (4) Lap (2) 3:30-8:30pm	Swim Team (4) Lap (2) 3:30-8:30pm	Swim Team (4) Lap (2) 3:30-8:30pm	Swim Team (4) Lap (2) 3:30-7:30pm		

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



- All lanes open
- Swim Team

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE



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## THERAPY POOL

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

• Registration is required for all aquatics classes

\*Therapy Pool may also be used for swim lessons.

- All Open
- Aqua Classes

## RECREATION POOL

***Effective October 18***  
***The Rec Pool is Closed for Season***