





POOL SCHEDULE

**EFFECTIVE
OCTOBER 1**

LAP POOL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | Swim Team (3) Lap (3) 5:30-6:45am | | Swim Team (3) Lap (3) 5:30-6:45am | | Swim Team (3) Lap (3) 5:30-6:45am | Swim Team (4) Lap (2) 7-9am |
| 5 Lanes Lap 1 Lane Open 7:00am-4:00pm | 5 lanes Lap 1 Lane Open 5:30am-3:30pm | 5 lanes Lap 1 Lane Open 5:30am-3:30pm | 5 lanes Lap 1 Lane Open 5:30am-3:30pm | 5 lanes Lap 1 Lane Open 5:30am-3:30pm | 5 lanes Lap 1 Lane Open 5:30am-3:30pm | 5 Lanes Lap 1 Lane Open 7:00am-4:00pm |
| | Swim Team (4) Lap (2) 4:30-8:30pm | Swim Team (4) Lap (2) 4:30-8:30pm | Swim Team (4) Lap (2) 4:30-8:30pm | Swim Team (4) Lap (2) 4:30-8:30pm | Swim Team (4) Lap (2) 4:30-7:30pm | |

 All lanes open
 Swim Team

SPA

| Spa |
|--------------------------------------|
| Monday - Thursday 5:30am - 8:30pm |
| Friday 5:30am - 7:30pm |
| Saturday 7:00am - 4:00pm |
| Sunday 7:00am - 3:00pm |

BABY POOL

| Baby |
|--------------------------------------|
| Monday - Thursday 5:30am - 8:30pm |
| Friday 5:30am - 7:30pm |
| Saturday & Sunday 7:00am - 4:00pm |

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE



POOL SCHEDULE

**EFFECTIVE
OCTOBER 1**

RECREATION POOL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---------------------------|-------------------------|-----------------------------|--------------------------------|-------------------------|-----------------------------|
| Closed 7-4pm | Aqua Box 8:00am-8:45am | Closed 5:30am-8:30pm | Deep Water 8:00am-8:45am | Athletic Yoga 8:00am-8:45am | Closed 5:30am-7:30pm | Aqua Zumba 9:00am-9:45am |
| | Closed 8:45am-8:30pm | | Closed 8:45am-8:30pm | Closed 8:45am-8:30pm | | Closed 9-4pm |

*The Rec Pool is CLOSED for the season.
We will still be holding Group Fitness
Aqua classes in the Rec Pool.*

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 - 4pm | Open 5:30am - 9am | | Open 5:30am - 8am | | Open 5:30am - 8am | | Open 5:30am-6:30pm | | Open 5:30am - 9am | | Open 7am - 4pm | | |
| | Aqua Sculpt & Tone 9:00am -9:45am | | Aqua Sculpt & Tone 8:00am -8:45am | | Aqua Sculpt & Tone 9:00am -9:45am | | | | Aqua Yoga 9:00am -9:45am | | | | |
| | Open 9:45am-8:30pm | | Open 8:45am-6:30pm | | Arena Rx (Closed Class) 11:00am-11:45am | | Open 9:45am-7:30pm | | | | | | |
| | Aqua Sculpt & Tone 6:00-6:45pm | | Aqua Sculpt & Tone 6:00-6:45pm | | Open 11:45am-8:30pm | | Aqua Sculpt & Tone 6:00-6:45pm | | | | | | |

- Registration is required for all aquatics classes
- *Therapy Pool may also be used for swim lessons.

All Open
 Aqua Classes