





POOL SCHEDULE

**EFFECTIVE
JANUARY 18**

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	
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	Swim Team (4) Lap (2) 7-9am
	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
JANUARY 18

THE 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-6:00pm		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-6:00pm		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 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