

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Lap swim</i> 5:00 – 6:55 a.m. <i>Open Swim/ Limited Lap Swim</i> 7:00– 7:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. <i>Open Swim/ Limited Lap Swim</i> 7:00 - 7:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. <i>Open Swim/ Limited Lap Swim</i> 7:00– 8:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. <i>Open Swim/ Limited Lap Swim</i> 7:00 - 7:55 a.m.	<i>Lap swim</i> 5:00 – 6:55 a.m. <i>Open Swim/ Limited Lap swim</i> 7:00 – 8:55 a.m.	<i>Lap Swim</i> 6:00 – 7:55 a.m. <i>Aqua HIIT</i> 8:00 - 8:50 a.m. <i>Open Swim</i> 9:00 am - 4:45 p.m.
<i>Deep Water</i> 8:00 - 8:50 a.m.	<i>Aqua Boogie</i> 8:00 - 8:50 a.m.		<i>Aqua HIIT</i> 8:00 - 8:50 a.m.		
<i>Aqua Zumba</i> 9:00 - 9:50 a.m.	<i>SilverSneaker Splash</i> 9:00– 9:50 a.m.	<i>Hybrid Deep Water</i> 9:00– 9:50 a.m.	<i>Aqua Yoga</i> 9:00 - 9:50 a.m.	<i>Deep Water</i> 9:00 - 9:50 a.m.	<i>Swim Lessons (Pool OPEN)</i> 9:30 – 10:45 a.m.
<i>Aqua Movers</i> 10:00 - 10:50 a.m.	<i>Gentle Aquacise</i> 10:00 - 10:50 a.m.	<i>Aqua Movers</i> 10:00 - 10:50 a.m.	<i>Gentle Aquacise</i> 10:00 - 10:50 a.m.	<i>Aqua Zumba</i> 10:00 - 10:50 am	
<i>Open Swim/ Limited Lap Swim</i> 11:00 am–8:45 pm	<i>Open Swim/ Limited Lap Swim</i> 11:00 a.m. – 5:10 p.m. <i>Swim Lessons (Pool OPEN)</i> 11:00 am- 12:45 pm	<i>Open swim/Limited Lap Swim</i> 11:00 –4:10 pm	<i>Aquacise</i> 11:00 - 11:50 a.m.	<i>Open Swim/ Limited Lap Swim</i> 11:00 am - 7:45 p.m.	Sunday
	<i>Aqua Kick</i> 5:15 -6:00 pm	<i>Swim Lessons (Pool CLOSED)</i> 4:15- 6:30 pm	<i>Open swim/ Limited lap swim</i> 12:00 pm – 8:45 pm		<i>Lap Swim</i> 7:00 – 7:55 a.m. <i>Open Swim</i> 8:00 am - 2:45 p.m.
	<i>Open Swim/ Limited Lap swim</i> 6:05 – 8:45 p.m.	<i>Open swim/ Limited Lap Swim</i> 6:35-8:45 pm			

25 Yard Pool

Pool Parties available Saturdays 5-7 pm or Sundays 3-5 pm. Call to book.

Swim Lessons: Tuesday daytime (Pool Open), Wednesday Evenings (Pool Closed), Saturday Mornings (Pool Open). Call to sign-up.