

Pool Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00– 7:55 a.m</i>	<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00 - 7:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00– 8:55 a.m</i>	<i>Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00 - 7:55 a.m.</i>	<i>Lap swim 5:00 – 6:55 a.m. Open Swim/Limited Lap swim 7:00 – 8:55 a.m.</i>	<i>Lap Swim 6:00 – 7:55 a.m.</i>
<i>Deep Water 8:00 - 8:50 a.m.</i>	<i>Aqua Boogie 8:00 - 8:50 a.m.</i>		<i>Aqua HIIT 8:00 - 8:50 a.m.</i>		<i>Aqua HIIT 8:00 - 8:50 a.m.</i>
<i>Aqua Zumba 9:00 - 9:50 a.m.</i>	<i>SilverSneaker Splash 9:00– 9:50 a.m</i>	<i>Hybrid Deep Water 9:00– 9:50 a.m</i>	<i>Aqua Yoga 9:00 - 9:50 a.m.</i>	<i>Aquacise 9:00 - 9:50 a.m.</i>	<i>Open Swim 9:00 am - 2:45 p.m.</i>
<i>Aqua Movers 10:00 - 10:50 a.m.</i>	<i>Gentle Aquacise 10:00 - 10:50 a.m.</i>	<i>Aqua Movers 10:00 - 10:50 a.m.</i>	<i>Gentle Aquacise 10:00 - 10:50 a.m.</i>	<i>Aqua Dance 10:00 - 10:50 am</i>	<i>Swim Lessons (Pool OPEN) 1:00-1:30 p.m.</i>
<i>Open Swim/ Limited Lap Swim 11:00 am–8:45 pm</i>	<i>Open Swim/ Limited Lap Swim 11:00 a.m. – 5:10 p.m.</i>	<i>Open swim/Limited Lap Swim 11:00 –4:10 pm</i>	<i>Aquacise 11:00 - 11:50 a.m.</i>	<i>Open Swim/ Limited Lap Swim 11:00 am - 7:45 p.m.</i>	Sunday
	<i>Swim Lessons (Pool OPEN) 11:00 am- 12:45 pm</i>		<i>Open swim/ Limited lap swim 12:00 pm – 8:45 pm</i>		<i>Lap Swim 7:00 – 7:55 a.m.</i>
	<i>Aqua Kick 5:15 -6:00 pm</i>	<i>Swim Lessons (Pool CLOSED) 4:45- 6:00 pm</i>			<i>Open Swim 8:00 am - 2:45 p.m.</i>
	<i>Open Swim/ Limited Lap swim 6:05 – 8:45 p.m.</i>	<i>Open swim/Limited Lap Swim 6:05-8:45 pm</i>			

25 Yard Pool

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

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