

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00– 7:55 a.m	Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00 - 7:55 a.m.	Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00– 8:55 a.m	Lap swim 5:00 – 6:55 a.m. Open Swim/ Limited Lap Swim 7:00 - 7:55 a.m.	Lap swim 5:00 – 6:55 a.m. Open Swim/Limited Lap swim 7:00 – 8:55 a.m.	Lap Swim 6:00 – 7:55 a.m.	
Deep Water 8:00 - 8:50 a.m.	Aqua Boogie 8:00 - 8:50 a.m.		Aqua HIIT 8:00 - 8:50 a.m.		Aqua HIIT 8:00 - 8:50 a.m.	
Aqua Zumba 9:00 - 9:50 a.m.	SilverSneaker Splash 9:00– 9:50 a.m	Hybrid Deep Water 9:00– 9:50 a.m	Aqua Yoga 9:00 - 9:50 a.m.	Deep Water 9:00 - 9:50 a.m.	Open Swim 9:00 am - 2:45 p.m.	
Aqua Movers 10:00 - 10:50 a.m.	Gentle Aquacise 10:00 - 10:50 a.m.	Aqua Movers 10:00 - 10:50 a.m.	Gentle Aquacise 10:00 - 10:50 a.m.	Aqua Zumba 10:00 - 10:50 am	Swim Lessons (Pool OPEN) 9:30 – 11:30 a.m.	
Open Swim/ Limited Lap Swim 11:00 am–8:45 pm	Open Swim/ Limited Lap Swim 11:00 a.m. – 5:10 p.m.	Open swim/Limited Lap Swim 11:00 –4:40 pm	Aquacise 11:00 - 11:50 a.m.	Open Swim/ Limited Lap Swim 11:00 am - 7:45 p.m.	Sunday	
	Swim Lessons (Pool OPEN) 11:00 am- 12:45 pm		Open swim/ Limited lap swim 12:00 pm – 8:45 pm			
	Aqua Kick 5:15 -6:00 pm	Swim Lessons (Pool CLOSED) 4:45- 6:45 pm				
	Open Swim/ Limited Lap swim 6:05 – 8:45 p.m.	Open swim/Limited Lap Swim 6:50-8:45 pm				

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 Mornings (Pool Open). Call to sign-up.