

POOL SCHEDULE

October–November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim / Lap Swim 6:30AM–8:00AM	Open Swim / Lap Swim 6:30AM–9:00AM	Open Swim / Lap Swim 6:30AM–8:00AM	Open Swim / Lap Swim 6:30AM–8:00AM	Open Swim / Lap Swim 6:30AM –5:45PM	
Swim Lessons 8:00AM–8:45AM One Lane Open for Lap Swim		Swim Lessons 8:00AM–8:45AM One Lane Open for Lap Swim	Water Fitness 8:00 AM– 8:40AM		Open Swim / Lap Swim 8:00–12:45AM
Aqua Yoga 9:00AM – 9:45AM	Shallow Water Cardio 9:00AM – 10:40AM				Swim Lessons 8:30AM–11:30AM
Family Swim / Open Swim / Lap Swim 10:00AM–2:00PM	Family Swim / Open Swim / Lap Swim 11:00AM–2:00PM	Family Swim / Open Swim / Lap Swim 9:00AM–2:00AM	Family Swim / Open Swim / Lap Swim 9:00AM–2:00PM	Family Swim / Open Swim / Lap Swim 9:00AM–2:00PM	
CLOSED 2:00PM–4:00PM	CLOSED 2:00PM–4:00PM	CLOSED 2:00PM–4:00PM	CLOSED 2:00PM–4:00PM		
Family Swim / Open Swim / Lap Swim 4:00PM–5:00PM	Family Swim / Open Swim / Lap Swim 4:00PM–5:00PM	Family Swim / Open Swim / Lap Swim 4:00PM–5:00PM	Family Swim / Open Swim / Lap Swim 4:00PM–5:00PM		
Swim Lessons 5:00PM–6:10pm	Swim Lessons 5:00PM–8:00PM	Swim Lessons 5:00PM–6:10pm	Swim Lessons 5:00PM–8:00PM		
Water Fitness 6:15PM–7:00PM		Aqua Yoga 6:15PM–7:00PM			
Swim Lessons 7:00PM–7:40PM	Ask the lifeguard where the open swim area is	Swim Lessons 7:00PM–7:40PM	Ask the lifeguard where the open swim area is		

Please ask the lifeguard where the available swim areas are during swim lessons or during the water fitness classes.

When there is only one lifeguard on duty there will be a 10min safety break implemented every hour.

Pool Operation Hours:

Monday – Thursday 6:30AM–2:00PM
4:00PM–7:45PM
Friday 6:30AM–2:00PM
Saturday 8:00AM–12:45PM
(please refer to above schedule)

Steam and Sauna Operation Hours:

Monday–Thursday 6:30AM – 2:00PM
4:00PM–7:45PM
Friday 6:30AM–2:00PM
Saturday 8:00AM–12:45PM