



# INDOOR POOL SCHEDULE

**OPEN SWIM**

**MONDAY-FRIDAY**

Mon: 11:00AM-12:00PM | 1:00-6:30PM | 7:30-8:30PM  
Tues: 11:00AM-8:30PM  
Wed: 10:00AM-12:00PM | 1:00-6:30PM | 7:30-8:30PM  
Thurs: 11:00AM-8:30PM  
Friday: 1:00-8:30PM

**SATURDAY**

11:30AM-4:45PM

**SUNDAY**

12:00-4:45PM

**WATER EX CLASS SCHEDULE**

**MONDAY/WEDNESDAY/FRIDAY**

8:10AM Hydro Fit  
9:00AM Hydro Fit  
10:00AM Water Cardio Lite  
6:45PM Aqua Zumba (Monday Only)  
6:45PM Hydro Fit (Wednesday Only)

**TUESDAY/THURSDAY**

8:10AM Aqua Blast  
9:00AM Aqua Blast  
10:00AM Water Arthritis

**SATURDAY**

8:10AM Hydro Fit  
9:05AM Hydro Fit

**LAP LANE AVAILABILITY**

**MONDAY-FRIDAY**

5:00-9:00AM Lap Lanes Available For Reservation  
12:00-1:00AM (M/W/F) Masters Swim (\$) Stop by Front Desk to sign up.  
1:00-8:30PM Lap Lanes Available For Reservation

**SATURDAY**

7:00-9:00 AM Lap Lanes Available For Reservation  
11:30AM-4:45PM Lap Lanes Available For Reservation

**SUNDAY**

12:00PM-4:45PM Lap Lanes Available For Reservation

\* Schedule subject to change at any time. Please download the Y App to receive up-to-date schedule notifications.\*