

POOL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim And Lap Swim 6:30AM-8:00AM	Open Swim And Lap Swim 6:30AM-9:00AM	Open Swim And Lap Swim 6:30AM-8:00AM	Open Swim And Lap Swim 6:30AM-8:00AM	Open Swim And Lap Swim 6:30AM-2:00PM	
Swim Lessons 8:00AM-8:45AM		Swim Lessons 8:00AM-8:45AM	Water Fitness 8:00 AM- 8:40AM		Open Swim And Lap Swim 8:00-11:45AM
9:00AM - 9:45AM Aqua Yoga 1st, 2nd, and 3rd Mondays	9:00AM - 9:40AM Shallow Water	Open Swim And Lap Swim 9:00AM- 2:00PM	Open Swim And Lap Swim 9:00AM-2:00PM		Swim Lessons 8:30AM-10:30AM
Open Swim And Lap Swim 10:00AM-2:00PM	10:00AM - 10:40AM Open Swim And Lap Swim 11:00AM-2:00PM				
Closed 2:00PM-4:00PM	Closed 2:00PM-4:00PM	Closed 2:00PM-4:00PM	Closed 2:00PM-4:00PM	<p>There is no open swim or lap swim available during swim lessons on Tuesday and Thursday evenings</p> <p>When there is only one lifeguard on duty there will be a 10min safety break implemented .</p>	
Open Swim And Lap Swim 4:00PM-6:00PM	Open Swim And Lap Swim 4:00PM-5:00PM	Open Swim And Lap Swim 4:00PM-6:00PM	Open Swim And Lap Swim 4:00PM-5:00PM		
Water Fitness 6:15PM-7:00PM	Swim Lessons 5:00PM-8:00PM	Aqua Yoga 6:15PM-7:00PM	Swim Lessons 5:00PM-8:00PM		
7:00PM-7:45PM		7:00PM-7:45PM			

Steam and Sauna Operation Hours:
 Mon-Thurs 6:30AM-2:00PM & 4PM-7:45PM
 Fri 6:30AM-2:00PM
 Sat 8:00AM-11:45AM

“Not everything that is faced can be changed; but nothing can be changed until it is faced,”
 -James Baldwin

SAFETY BREAKS

7:30AM-7:40AM	8:50AM-9:00AM
9:50AM-10:00AM	10:50AM- 11:00AM
11:50AM-12:00PM	12:50PM-1:00PM
4:50PM-5:00PM	5:50PM-6:00PM
7:00PM-7:10PM	

Pool Operation Hours:
 Mon-Thurs 6:30AM-2:00PM
 And 4:00PM-7:45PM
 Fri 6:30AM-2:00PM
 Sat 8:00AM-11:45AM