

INDOOR POOL SCHEDULE (June 7 -September 6)



	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday	Sunday
5:00						LAP SWIM 7:00am - 9:00pm	
6:00	Splash 6:00		Splash 6:00				
7:00							
8:00							
9:00	AquaMarines 9:00 (2)	AquaMarines 9:00 (2)	AquaMarines 9:00 (2)	AquaMarines 9:00 (2)	AquaMarines 9:00 (2)		
10:00	LAP SWIM 5:00am - 10:00pm						
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

INDOOR LAP POOL

	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday	Sunday		
5:00						OPEN SWIM 7:00am - 9:00pm			
6:00									
7:00	*Water Works 3 (6:45)		*Water Works 3 (6:45)		*Water Works 3 (6:45)				
8:00	*Water Walking 8-8:45	*Strength & Stretch 8:00	*Water Walking 8-8:45	*Strength & Stretch 8:00	*Water Walking 8:00				
9:00	*Water Works 2(9:00)	*Water Works 2 (9:00)	*Water Works 2(9:00)	*Water Works 2 (9:00)	*Fri. Fusion 9:00				
10:00	*Water Works Arthritis	*Dev. Disabled10:00	*Water Works Arthritis	*Dev.Disabled10:00	*Water Works Arthritis				
11:00									
12:00	*Water Works 1 (12:00)		*Water Works 1 (12:00)		*Water Works 1 (12:00)				
1:00	*Water Works 2 (1:00)	*Aqua Float 1:00	*Water Works 2 (1:00)	*Aqua Float 1:00	*Water Works 2 (1:00)			*Aqua Float 1:00	*Aqua Float 1:00
2:00	OPEN SWIM								
3:00									
4:00	OPEN SWIM								
5:00									
5:00	*Water Works Arthritis 5:30	*Water Works 3 (5:30)	*Water Works Arthritis 5:30	*Water Works 3 (5:30)					
6:00		*Weight Management 6:30		*Weight Management 6:30					
7:00									
8:00	OPEN SWIM								
9:00									
10:00									

INDOOR EXERCISE POOL

**Note: Classes marked with (*) are part of our prescription water therapy program
Note: Number of lanes reserved for class activities are indicated with parenthesis.

THE POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO STAFF AVAILABILITY, RENTALS OR ANY OTHER UNFORESEEN EMERGENCIES.

Club Hours: Mon - Fri (5am - 10pm), Sat - Sun (7am - 9pm)