

INDOOR POOL SCHEDULE (October 19th – December 20th)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
INDOOR LAP POOL	5:00 AM	LAP SWIM 5:00am - 10:00pm					LAP SWIM 7:00am - 9:00pm		5:00 AM
	6:00 AM								
	7:00 AM								
	8:00 AM								
	9:00 AM								
	10:00 AM								
	11:00 AM								
	12:00 PM								
	1:00 PM								
	2:00 PM								
	3:00 PM								
	4:00 PM								
	5:00 PM								
6:00 PM								6:00 PM	
7:00 PM								7:00 PM	
8:00 PM								8:00 PM	
9:00 PM								9:00 PM	
10:00 PM								10:00 PM	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday									
INDOOR EXERCISE POOL	5:00 AM	OPEN SWIM					OPEN SWIM 12:00pm - 9:00pm		5:00 AM							
	6:00 AM								Splash 6:00		Splash 6:00		Splash 6:00			6:00 AM
	7:00 AM								*Water Works 3 (6:45)		*Water Works 3 (6:45)		*Water Works 3 (6:45)			7:00 AM
	8:00 AM								*Water Walking 8-8:45	*Strength & Stretch 8:00	*Water Walking 8-8:45	*Strength & Stretch 8:00	*Water Walking 8:00	Swim Lessons 8:30-11:00am	Open Swim 7:00am - 11:00am	8:00 AM
	9:00 AM								*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 AM								*Water Works Arthritis 10:00	*Dev. Disabled10:00	*Water Works Arthritis 10:00	*Dev.Disabled10:00	*Water Works Arthritis 10:00			10:00 AM
	11:00 AM									*Aqua Float 11:00		*Aqua Float 11:00		*Aqua Float 11:00	*Aqua Float 11:00	11:00 AM
	12:00 PM								*Water Works 1 (12:00)		*Water Works 1 (12:00)		*Water Works 1 (12:00)			12:00 PM
	1:00 PM								*Water Works 2 (1:00)		*Water Works 2 (1:00)		*Water Works 2 (1:00)			1:00 PM
	2:00 PM															2:00 PM
	3:00 PM															3:00 PM
	4:00 PM															4:00 PM
	5:00 PM								*Water Works Arthritis 5:30	*Water Works 3 (5:30)	*Water Works Arthritis 5:30	*Water Works 3 (5:30)				5:00 PM
6:00 PM	Swim Lessons 6:30-7:10	*Weight Management 6:30	Swim Lessons 6:30-7:10	*Weight Management 6:30				6:00 PM								
7:00 PM								7:00 PM								
8:00 PM								8:00 PM								
9:00 PM								9:00 PM								
10:00 PM								10:00 PM								

**Note: Classes marked with (*) are part of our prescription water therapy program
 *Note: Number of lanes reserved for class activities are indicated with parenthesis.
 Note: A minimum of at least one lane will always be available for member lap swim.

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)