

Indoor Pool Schedule

Monday

6-8:45am
Adults Only (18+) (LL)

8:45-9:45am
Aquacise

9:45-10am
Open Swim

10am-Noon
Swim Lessons

Noon-1pm
Hydrotherapy (\$)

1-3pm
Adults Only (18+)

3-6pm
Swim Lessons

6-8pm
Open Swim

Closes at 8pm

Tuesday

6-8:45am
Open Swim (LL)

8:45-9:45am
Water Stretch

10-11:50am
Open Swim

10am-Noon
Swim Lessons

Noon-1pm
Hydrotherapy (\$)

1-2pm
Adults Only (18+)

2-3PM
Arthritis (\$)

3-6pm
Swim Lessons

6-7pm
Aquacise

7-8pm
Open Swim

Closes at 8pm

Wednesday

6-7:15am
Adults Only (18+) (LL)

7:15-8:15am
Aqua Sculpt (\$)

8:15-8:45am
Open Swim

8:45-9:45am
Aquacise

10-11:50am
Open Swim

10am-Noon
Swim Lessons

Noon-1pm
Hydrotherapy (\$)

1-3pm
Adults Only (18+)

3-8pm
Swim Lessons

4-8pm
Open Swim

Closes at 8pm

Thursday

6-8:45am
Open Swim (LL)

8:45-9:45am
Water Stretch

10-11:50am
Open Swim

10am-Noon
Swim Lessons

Noon-1pm
Hydrotherapy (\$)

1-2pm
Adults Only (18+)

2-3pm
Arthritis (\$)

3-6pm
Swim Lessons

6-7pm
Aquacise

7-8pm
Open Swim

Closes at 8pm

Friday

6-7am
Adults Only (18+) (LL)

7:30-8:30am
Aqua Sculpt (\$)

8:45-9:45am
Aquacise

9:15-10am
Open Swim

10-11:50am
Open Swim

10am-Noon
Swim Lessons

Noon-1pm
Hydrotherapy (\$)

1-2pm
Adults Only (18+)

3-6pm
Swim Lessons

4-7pm
Open Swim

Closes at 7pm

Saturday

7-9am
Open Swim

9am-2pm
Swim Lessons

2-7pm
Open Swim

Closes at 7pm

Sunday

7-9am
Adults Only (18+)

9am-2pm
Swim Lessons

2-7pm
Open Swim

Closes at 7pm