

Indoor Pool Schedule

Monday

6-7:15am Adults Only (18+) (LL)
7:15-8am Adult Swim Class (\$) & Adult Open Swim
8:05-8:50am Aquacise
9am-Noon Open Swim
10am-Noon Swim Lessons
Noon-1pm Hydrotherapy (\$)
1-3pm Adults Only (18+)
3-6:45pm Swim Lessons
6:45-8pm Open Swim

Closes at 8pm

Tuesday

6-8:45am Open Swim (LL)
8:45-9:45am Water Stretch
10am-Noon Open Swim
10am-Noon Swim Lessons
Noon-1pm Hydrotherapy (\$)
1-2pm Adults Only (18+)
2-3PM Arthritis (\$)
3-6pm Swim Lessons
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
10am-Noon Open Swim
10am-Noon Swim Lessons
Noon-1pm Hydrotherapy (\$)
1-2pm Adults Only (18+)
2-3pm AT Workshop ^{1st month} (\$)
3-8pm Swim Lessons

Closes at 8pm

Thursday

6-8:45am Open Swim (LL)
8:45-9:45am Water Stretch
10am-Noon Open Swim
10am-Noon Swim Lessons
Noon-1pm Hydrotherapy (\$)
1-2pm Adults Only (18+)
2-3pm Arthritis (\$)
3-6pm Swim Lessons
6-8pm Open Swim

Closes at 8pm

Friday

6-7:30am Adults Only (18+) (LL)
7-8am Aqua Sculpt (\$)
8:05-8:50am Aquacise
9-10am Open Swim
10am-Noon Swim Lessons
Noon-1pm Hydrotherapy (\$)
1-2pm Adults Only (18+)
3-6pm Swim Lessons
6-7pm 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