

Indoor Pool Schedule

Monday

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|---|
| 6-7:15am Adults Only (18+) (LL) |
| 7:15-8:45am Adult Open Swim |
| 8:45-9:45am Aquacise |
| 10am-Noon Limited Open Swim |
| 10am-Noon Swim Lessons |
| Noon-1pm Hydrotherapy (\$) |
| 1-3pm Adults Only (18+) |
| 3-6pm Swim Lessons |
| 6-8pm Open Swim |
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Closes at 8pm

Tuesday

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|---------------------------------------|
| 6-8:45am Open Swim (LL) |
| 8:45-9:45am Water Stretch |
| 10am-Noon Limited 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

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|---|
| 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 Limited Open Swim |
| 10am-Noon Swim Lessons |
| Noon-1pm Hydrotherapy (\$) |
| 1-2pm Adults Only (18+) |
| 2-3pm AT Workshop <small>1st month</small> (\$) |
| 3-8pm Swim Lessons |

Closes at 8pm

Thursday

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|---------------------------------------|
| 6-8:45am Open Swim (LL) |
| 8:45-9:45am Water Stretch |
| 10am-Noon Limited 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

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|---|
| 6-7:30am Adults Only (18+) (LL) |
| 7:30-8:30am Aqua Sculpt (\$) |
| 8:45-9:45am Aquacise |
| 10-11am Limited Open Swim |
| 10am-Noon Swim Lessons |
| Noon-1pm Hydrotherapy (\$) |
| 1-2pm Adults Only (18+) |
| 2-7pm Limited Open Swim |
| 3-7pm Swim Lessons |

Closes at 7pm

Saturday

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| 7-9am Open Swim |
| 9am-2pm Swim Lessons |
| 2-7pm Open Swim |
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Closes at 7pm

Sunday

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|-----------------------------------|
| 7-9am Adults Only (18+) |
| 9am-2pm Swim Lessons |
| 2-7pm Open Swim |
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Closes at 7pm