## Indoor Pool Schedule

| Monday                 | Tuesday           | Wednesday              | Thursday          | Friday                 | Saturday      | Sunday            |
|------------------------|-------------------|------------------------|-------------------|------------------------|---------------|-------------------|
| 6-7:15am               | 6-8:45am          | 6-7:15am               | 6-8:45am          | 6-7:30am               | 7-9am         | 7-9am             |
| Adults Only (18+) (LL) | Open Swim (LL)    | Adults Only (18+) (LL) | Open Swim (LL)    | Adults Only (18+) (LL) | Open Swim     | Adults Only (18+) |
| 7:15-8am               | 8:45-9:45am       | 7:15-8:15am            | 8:45-9:45am       | 7:30-8:30am            | 9am-2pm       | 9am-2pm           |
| Adult Swim Lessons     | Water Stretch     | Aqua Sculpt (\$)       | Water Stretch     | Aqua Sculpt (\$)       | Swim Lessons  | Swim Lessons      |
| 7:15-8:45am            | 10am-Noon         | 8:15-8:45am            | 10am-Noon         | 8:45-9:45am            | 2-7pm         | 2-7pm             |
| Adult Open Swim        | Limited Open Swim | Open Swim              | Limited Open Swim | Aquacise               | Open Swim     | Open Swim         |
| 8:45-9:45am            | 10am-Noon         | 8:45-9:45am            | 10am-Noon         | 10-11am                |               |                   |
| Aquacise               | Swim Lessons      | Aquacise               | Swim Lessons      | Limited Open Swim      |               |                   |
| 10am-Noon              | Noon-1pm          | 10am-Noon              | Noon-1pm          | 10am-Noon              |               |                   |
| Limited Open Swim      | Hydrotherapy (\$) | Limited Open Swim      | Hydrotherapy (\$) | Swim Lessons           |               |                   |
| 10am-Noon              | 1-2pm             | 10am-Noon              | 1-2pm             | Noon-1pm               |               |                   |
| Swim Lessons           | Adults Only (18+) | Swim Lessons           | Adults Only (18+) | Hydrotherapy (\$)      |               |                   |
| Noon-1pm               | 2-3PM             | Noon-1pm               | 2-3pm             | 1-2pm                  |               |                   |
| Hydrotherapy (\$)      | Arthritis (\$)    | Hydrotherapy (\$)      | Arthritis (\$)    | Adults Only (18+)      |               |                   |
| 1-3pm                  | 3-6pm             | 1-2pm                  | 3-6pm             | 2-7pm                  |               |                   |
| Adults Only (18+)      | Swim Lessons      | Adults Only (18+)      | Swim Lessons      | Limited Open Swim      |               |                   |
| 3-6pm                  | 6-7pm             | 2-3pm                  | 6-7pm             | 3-7pm                  |               |                   |
| Swim Lessons           | Aquacise          | AT Workshop (\$)       | Aquacise          | Swim Lessons           |               |                   |
| 6-8pm                  | 7-8pm             | 3-8pm                  | 7-8pm             |                        |               |                   |
| Open Swim              | Open Swim         | Swim Lessons           | Open Swim         |                        |               |                   |
|                        |                   |                        |                   |                        |               |                   |
| Closes at 8pm          | Closes at 8pm     | Closes at 8pm          | Closes at 8pm     | Closes at 7pm          | Closes at 7pm | Closes at 7pm     |

Closes at 8pm Lap Lane Swimming at discression of Lifeguard