

# Indoor Pool Schedule

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

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

<b>6-8:45am</b> Open Swim (LL)
<b>8:45-9:45am</b> Water Stretch
<b>10am-Noon</b> Limited Open Swim
<b>10am-Noon</b> Swim Lessons
<b>Noon-1pm</b> Hydrotherapy (\$)
<b>1-2pm</b> Adults Only (18+)
<b>2-3PM</b> Arthritis (\$)
<b>3-6pm</b> Swim Lessons
<b>6-7pm</b> Aquacise
<b>7-8pm</b> Open Swim

<b>6-7:15am</b> Adults Only (18+) (LL)
<b>7:15-8:15am</b> Aqua Sculpt (\$)
<b>8:15-8:45am</b> Open Swim
<b>8:45-9:45am</b> Aquacise
<b>10am-Noon</b> Limited Open Swim
<b>10am-Noon</b> Swim Lessons
<b>Noon-1pm</b> Hydrotherapy (\$)
<b>1-2pm</b> Adults Only (18+)
<b>2-3pm</b> AT Workshop (\$)
<b>3-8pm</b> Swim Lessons

<b>6-8:45am</b> Open Swim (LL)
<b>8:45-9:45am</b> Water Stretch
<b>10am-Noon</b> Limited Open Swim
<b>10am-Noon</b> Swim Lessons
<b>Noon-1pm</b> Hydrotherapy (\$)
<b>1-2pm</b> Adults Only (18+)
<b>2-3pm</b> Arthritis (\$)
<b>3-6pm</b> Swim Lessons
<b>6-7pm</b> Aquacise
<b>7-8pm</b> Open Swim

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

<b>7-9am</b> Open Swim
<b>9am-2pm</b> Swim Lessons
<b>2-7pm</b> Open Swim
<b>2-4pm</b> Lifeguard Class 3/23 & 3/30

<b>7-9am</b> Adults Only (18+)
<b>9am-2pm</b> Swim Lessons
<b>2-7pm</b> Open Swim
<b>2-4pm</b> Lifeguard Class 3/24 & 3/31

Closes at 8pm

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Closes at 8pm

Closes at 7pm

Closes at 7pm

Closes at 7pm

Lap Lane Swimming at discretion of Lifeguard

Updated March 4, 2024