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 Aquacise	10am-Noon Swim Lessons	8:45-9:45am Aquacise	10am-Noon Swim Lessons	10-11am Limited Open Swim	2-4pm Lifeguard Class 3/23 & 3/30	2-4pm Lifeguard Class 3/24 & 3/31
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	Closes at 8pm		Closes at 8pm ne Swimming at discression of Li		Closes at 7pm	Closes at 7pm

Lap Lane Swimming at discression of Lifeguard

Updated March 4, 2024