

POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS THERAPY POOL & LANES 1-3 8:00-12:30	SWIM LESSONS 8:00-11:30
6:00-7:00		WATER FIT 6:30-7:15		WATER FIT 6:30-7:15			
7:00-8:00		LAP SWIM		LAP SWIM			
8:00-9:00		SWIM LESSONS 8:30-11:00		OPEN SWIM			
9:00-10:00	OPEN SWIM		OPEN SWIM				
10:00-11:00	WATER FIT 10:00-12:00	WATER FIT 11:00-12:00	WATER FIT 10:00-12:00	WATERFIT 11:00-1:00	WATER FIT 10:00-12:00	OPEN SWIM	OPEN SWIM
11:00-12:00							
12:00-1:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN SWIM	POOL PARTY 1:00-2:00	POOL PARTY 1:00-2:00
1:00-2:00	LAP SWIM	LAP SWIM	LAP SWIM				
2:00-3:00	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 2:00- 4:30	WATER RELAX 2:00-4:00
3:00-4:00	SWIM LESSONS 3:00-5:30	SWIM LESSONS 3:00-5:30	SWIM LESSONS 3:00-5:30	SWIM LESSONS 3:00-5:30			
4:00-5:30							
5:30-6:00	WATER FIT 5:45-6:30	WATER FIT 5:45-6:30	WATER FIT 5:45-6:30	WATER FIT 5:45-6:30	FAMILY SWIM	Warm water therapy pool available to members ONLY during posted hours!	
6:00-7:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
7:30-8:30	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			

KEY

Swimmers and Water Walkers are expected to share lanes and circle swim when necessary

- Lap Swim: Lane 1 for water walking; Lanes 2-4 are for slow, medium and fast swimmers
- Open Swim: Lanes 1-3 multi-use, water walking & fitness, swimming for adults & children, only during dependent hours; Lane 4 lap swimming
- Family Swim: Lanes 1-2 designated for recreational family swim; Lane 3 lap swimming/water walking/fitness; Lane 4 lap swimming
- Swim Lessons: Lanes 1-3 designated for private swim lessons & group swim lessons; Lane 4 lap swimming
- Water Fitness: Lanes 1-3 designated for class depending on class size; Lane 4 lap swimming *Lanes 3-4 designated deepwater class on Monday, Tuesday, Wednesday & Thursday morning*
- Pool Party: Lanes 1-2 designated for pool party; Lane 3 lap swimming/water walking/fitness; Lane 4 lap swimming

