



POOL & OPEN SWIM SCHEDULE

Pool Hours: Mon-Fri | 5am - 8:45pm & Sat-Sun | 7am - 4:45pm

The Pools are reserved at the following days/times:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water in Motion 9 - 9:50am	Aqua Tabata 9 - 9:45am		Aqua Tabata 9 - 9:45am	Water in Motion 9 - 10am		
Aqua Tabata 10 - 10:45am		Aqua Balance & Stretch 10 - 10:50am	Water in Motion 10 - 10:45am	Aqua Tabata 10 - 10:45am		
		Warm Water Flow 11:30am - 12:15pm <i>(therapy pool)</i>		Sauna and Whirlpool Closed For Maintenance 1:30-3:30pm		
		Deep Warm Water Stretch 12:15 - 1pm <i>(therapy pool)</i>				
Aqua Tabata 5:30 - 6:15pm		Water in Motion 5:30 - 6:30pm				

During Open Swim, 2 lanes are available for lap swim in addition to the rest of the pool.

No Open Swim during pool classes - 2 lap lanes open for lap swimming.

Children may use the pool during children's hours: Fri | 3:30-8pm & Sat | 12-4pm.

**Except during pool classes that coincide with children's hours (see above schedule for class days & times).*

Children 13 years & younger must be accompanied by an adult at ALL TIMES while in the pool area.