

Monday - Friday	6:00am-9:00pm
Saturday	7:00am-8:00pm
Sunday	7:00am-5:00pm

# AQUATIC SCHEDULE

**November 27, 2024 - January 5, 2025**

**Pool Classes:**

- AQUAFIT
- AQUAFIT YOGA
- GENTLE AQUAFIT
- WATER BOOTCAMP



Scan QR Code for details

**LANE SWIM:** All of Pool set up with lanes for laps.

**OPEN SWIM:** Pool Open with lanes set up for laps as indicated by \* = # of Lanes (i.e. \*\* is 2 lanes for laps).

## HOLIDAY HOURS

<b>Dec. 24 &amp; 31</b> 6:00am-2:00pm 6AM - 8:15AM - LANE SWIM, Lane Pool 8:30AM - 9:15AM - AQUAFIT, Lane Pool 9:30AM - 11AM - LANE SWIM, Lane Pool 11AM - 2PM - OPEN SWIM, Both Pools	<b>Dec. 26</b> 7:00am-5:00pm 7AM - 10:45AM - LANE SWIM, Lane Pool 11AM - 5PM = OPEN SWIM, Both Pools <b>Dec. 25 &amp; Jan. 1 CLOSED</b>
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## Lane Pool (25M / 4 Lanes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	7:00AM - 9:00AM Lane Swim	7:00AM - 9:00AM Lane Swim
8:30AM - 9:15AM Aquafit	8:30AM - 9:15AM Aquafit	8:30AM - 9:15AM Aquafit	8:30AM - 9:15AM Aquafit	8:30AM - 9:15AM Aquafit	9:00AM - 7:45PM Open Swim**	9:00AM - 4:45PM Open Swim**
10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim		
1:00PM - 5:45PM Open Swim**	1:00PM - 8:45PM Open Swim*	1:00PM - 5:45PM Open Swim**	1:00PM - 8:45PM Open Swim*	1:00PM - 5:00PM Open Swim*		
5:45PM - 6:30PM Aquafit		5:45PM - 6:30PM Aquafit		5:00PM 5:45PM Water Bootcamp		
6:30PM - 8:45PM Open Swim**		6:30PM - 8:45PM Open Swim**		6:00PM - 8:45PM Open Swim**		

## Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM - 10:15AM Gentle Aquafit	9:30AM - 10:15AM Aqua Yoga	9:30AM - 10:15AM Gentle Aquafit	9:30AM - 10:15AM Gentle Aquafit	9:30AM - 10:15AM Gentle Aquafit	9:00AM - 7:45PM Open Swim	9:00AM - 4:45PM Open Swim
12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim		
6:30PM - 8:45PM Open Swim	4:00PM - 8:45PM Open Swim	6:30PM - 8:45PM Open Swim	4:00PM - 8:45PM Open Swim	5:45PM 8:45PM Open Swim		