Family wellness

September 11 - November 19

Activity pool, hot tub, sauna and steam room are open when the facility is open. Slide and water feature usage dependent on other activities (ask lifeguard on duty for more details). Lap Swim is designated in **WHITE.** Open Swim is designated in **GREY**.

Swim lessons and Adult Swim Team require advanced registration into those programs. Water Exercise is first come first serve, with the exception of float classes when offered. There will be 5 minutes of transition time between activities. We appreciate your patience and understanding as we set up and tear down between activities.

Time		Monday		Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Time	Large Pool			Large Pool			Large Pool			Large Pool			Large Pool			Large Pool			Large Pool		
5:00AM	Lap Lap Lap			Lap Lap Lap			Lap Lap Lap			Lap Lap Lap		Lap	Lap Lap		Opens at 6:00AM						
5:30AM														-							
6:00AM					Ì	į		ĺ	Ì			ĺ		Ì		Lap	Lap	Lap	One	ns at 8:0	0AM
6:30AM								i I				i I					ļ		Ope	115 at 0.0	
7:00AM						ļ						1						 			
7:30AM								 				 					1				
8:00AM	8:05AM			8:05AM			8:05AM			8:05AM			8:05AM			8:05AM			Lap	Lap	Lap
8:30AM	Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise			Water Exercise				1	
9:00AM	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap					1	
9:30AM 10:00AM																					
10:30AM											i I	. 				Swim Lessons					
11:00AM								1				1								1	
11:30AM																					
12:00PM					12:05PM	1					12:05PN					Lap	Lap	Lap			
12:30PM				Water Exercise						Water Exercise											
1:00PM			Lap Lap Lap					Lap Lap Lap								1:05PM					
1:30PM																	Water Exercise				
2:00PM						İ													Lap	Lap	Open
2:30PM								1										-		 !	
3:00PM						1 1		1	1			1		1	1		1	-		1	
3:30PM				Water Therapy													-				
4:00PM 4:30PM													Water Therapy			1	-		1		
4.30PM	Swim Lessons						Swim Lessons						Lap Lap					-		i I	
5:30PM				Swim Lessons				Swim Lessons			цар	5:35PM									
6:00PM	6:05PM						6:05PM						Water Exercise								
6:30PM	Water Exercise						Water Exercise						-	Lap Lap Open			1				
7:00PM	Lap Lap Open		Adult Swim Team			Lap	Lap	Open	Adult Swim Team							1			1		
7:30PM	•	·		Adu	it Swim	ream				Adu	Swim	eam									
8:00PM				Lap	Lap	Lap		1		Lap	Lap	Lap	1								
8:30PM					1	1		1								Pool	closes a	t 7:30PM	Saturda	v and S	unday
9:00PM						1										-1001	chooco a		Gaturua	iy and S	anaay
9:30PM						Pool c	loses at	9:30PM	Monday	-Friday											
10:00PM																					