

Family wellness

January 12 - January 25

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			
	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			Opens at 8:00AM			
5:30AM																						
6:00AM																						
6:30AM																						
7:00AM																						
7:30AM																						
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						
9:00AM	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Swimming Lessons			Reserved			
9:30AM																						
10:00AM																						
10:30AM																						
11:00AM																						
11:30AM																						
12:00PM	12:05PM			Water Exercise			12:05PM			Water Exercise			12:05PM			Water Exercise			Swim Lessons			
12:30PM				Lap	Lap	Lap																
1:00PM																						
1:30PM																						
2:00PM																						
2:30PM																						
3:00PM																						
3:30PM																						
4:00PM	Swimming Lessons			Swimming Lessons			Swim Lessons			Water Therapy			Swimming Lessons			Water Therapy			Lap			
4:30PM																						
5:00PM																						
5:30PM																						
6:00PM	6:05PM			Water Exercise			6:05PM			Water Exercise			Swimming Lessons			Lap			5:35PM			
6:30PM																						
7:00PM	Lap	Lap	Open	Adult Swim Team			Lap	Lap	Open	Adult Swim Team			Reserved			Lap				Open		
7:30PM				Lap	Lap	Lap				Lap	Lap	Lap										
8:00PM																						
8:30PM																						
9:00PM																						
9:30PM	Pool closes at 9:30PM Monday-Friday																			Pool closes at 7:30PM Saturday and Sunday		
10:00PM																						

NOTE: THIS DOES NOT INCLUDE PRIVATE LESSONS SCHEDULE. PRIVATE LESSONS VARY DAILY.