

Familywellness

June 1st - June 7th

Activity pool, hot tub, sauna, and steam room are open when the aquatics facility is open. Slide and water feature usage is by request and dependent on other activities (ask lifeguard on duty for more details).

Lap Swim is designated in **WHITE**. Group Fitness classes are designated in **ORANGE**.

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