

# Familywellness

May 25th - May 31st

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	Opens at 8:00AM for Memorial Day	Lap	Lap	Lap	Lap	Lap	Opens at 8:00AM
5:30AM		Lap	Lap	Lap	Lap	Lap	
6:00AM		Lap	Lap	Lap	Lap	Lap	
6:30AM		Lap	Lap	Lap	Lap	Lap	
7:00AM		Lap	Lap	Lap	Lap	Lap	
7:30AM							
8:00AM		8:05AM	8:05AM	8:05AM	8:05AM	8:05AM	Lap
8:30AM	8:35AM	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Lap
9:00AM	Water Exercise	Lap	Lap	Lap	Lap	Lap	Lap
9:30AM	Aqua Strides		Aqua Strides	Lap	Lap	Lap	Lap
10:00AM	Lap	Lap	Lap				Reserved
10:30AM							
11:00AM							
11:30AM							
12:00PM		12:05PM		12:05PM			11:30AM
12:30PM		Water Exercise		Water Exercise			Pilates Float
1:00PM		Lap	Lap	Lap			1:05PM
1:30PM							Water Exercise
2:00PM						Reserved	Lap
2:30PM							Lap
3:00PM							Lap
3:30PM							Reserved
4:00PM							
4:30PM							
5:00PM		Swimming Lessons	Private Swim Lessons	Swimming Lessons			
5:30PM							
6:00PM	6:05PM		6:05PM		5:35PM		
6:30PM	Water Exercise		Water Exercise		Water Exercise		
7:00PM					Reserved	Lap	Open
7:30PM		Adult Swim Team	Lap	Lap	Open		
8:00PM	Closes at 7:30PM for Memorial Day	Lap	Lap	Lap	Lap	Lap	
8:30PM		Lap	Lap	Lap	Lap	Lap	
9:00PM		Lap	Lap	Lap	Lap	Lap	
9:30PM		Lap	Lap	Lap	Lap	Lap	
10:00PM							

Pool closes at 9:30PM Monday-Friday

Pool closes at 7:30PM Saturday and Sunday