Familywellness

August 3rd - August 9th

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 degisnated 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		
6:00AM						Lap Lap Lap	
6:30AM							
7:00AM	7:05AM Water Exercise						
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 I)	Swimming Lessons (Summer I)	Swimming Lessons (Summer I)	Swimming Lessons (Summer I)	Swimming Lessons (Summer I)	Aqua Strides Lap	Reserved
9:30AM						Lap Lap	
10:00AM						Private Swim Lessons	
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			Water Therapy				
1:00PM		Lap Lap Lap		Lap Lap Lap		Reserved	1:05PM Water Exercise
1:30PM		Summer Camp 1:45PM			Summer Camp 1:45PM		Lap Lap Lap
2:00PM							
2:30PM							
3:00PM							Lap
3:30PM			Water Therapy				Reserved
4:00PM	Swimming Lessons (Summer 2)	Swimming Lessons (Summer 2)	Private Swim Lessons	Swimming Lessons (Summer 2)		Reserved	
4:30PM							
5:00PM					5:35PM Water Exercise		
5:30PM							
6:00PM	6:05PM Water Exercise		6:05PM Water Exercise				
6:30PM					Reserved	Lap	Open
7:00PM	Lap Lap Open	Adult Swim Team	Lap Lap Open	Adult Swim Team			
7:30PM							
8:00PM		Lap Lap Lap		Lap Lap Lap			
8:30PM					Lap		
9:00PM						Pool closes at 7:30PM Saturday and Sunday	
9:30PM	Pool closes at 9:30PM Monday-Friday						
10:00PM							