



be your best self

**FALL/WINTER POOL SCHEDULE
SEPTEMBER 1/09 TO JUNE 30/10**

MONDAY

6:30-8:15 Adult Early Bird
8:30-9:30 WaterART Cardio
9:30-10:30 WaterART Arthritis
10:45-11:45 WaterART Cardio
12:00-1:30 Adult Lane Swim
1:30-4:30 Open Swim
4:30-6:00 Swim Club
6:00-7:00 WaterART Basics
7:15-8:15 WaterART Aerobics

TUESDAY

6:30-8:15 Lane Swim/Swim Club
8:30-10:00 Open Swim
10:00-11:00 Parent & Tot Swim
10:00-11:00 WaterART Aerobics
11:30-1:00 Adult Lane Swim
1:00-4:30 Open Swim
4:30-6:00 Swim Club
6:00-7:00 Open Swim
7:00-8:00 Masters
8:00~9:00 Adult Lane Swim

WEDNESDAY

6:30-8:15 Adult Early Bird
8:30-9:30 WaterART Cardio
9:30-10:30 WaterART Arthritis
10:45-11:45 WaterART Rehab
12:00-1:30 Adult Lane Swim
1:30-4:30 Open Swim
4:30-6:00 Swim Club
6:00-7:00 Lane Swim
7:15-8:15 WaterART Aerobics

THURSDAY

6:30-8:15	Lane Swim/Swim Club
8:30-10:00	Open Swim
10:00-11:00	Parent & Tot Swim
10:00-11:00	WaterART Aerobics
11:30-1:00	Adult Lane Swim
1:00-4:30	Open Swim
4:30-6:00	Swim Club
5:30-6:30	Red Cross Swim Lessons
6:00-7:00	Open Swim
7:00-8:00	Masters
8:00~9:00	Adult Lane Swim

FRIDAY

6:30-8:15	Adult Early Bird
8:30-9:30	WaterART Cardio
9:30-10:30	WaterART Arthritis
10:45-11:45	WaterART Cardio
12:00-1:30	Adult Lane Swim
1:30-4:30	Open Swim
4:30-6:00	Swim Club
6:00-7:00	Red Cross Swim Lessons
7:00-8:30	Open Swim

SATURDAY

10:00-12:00	Red Cross Swim Lessons
12:00-2:00	Open Swim
2:00-3:00	Pool Rental
3:30-4:30	Pool Rental
6:30-8:30	Open Swim

SUNDAY

12:00-2:00	Open Swim
2:00-3:00	Pool Rental
3:30-4:30	Pool Rental
5:30-7:00	Open Swim
7:00-8:00	Masters/Swim Club

Sauna/Therapy Pool **NOT OPEN** during pool rentals, swim lessons and swim club.

Please check with front desk.

Pool schedule subject to change.

ADULT: 18 years and over

OPEN SWIM: zero years and beyond (**children 8 years & under must be accompanied by an adult in the pool**)

ADULT LANE/EARLY BIRD: 2 lanes for laps and 2 lanes open for recreational swimming

LANE SWIM: 4 lanes for laps, 10 years and up.

Fee applies to waterslide for non-members.

