

Lap Pool Schedule 2024

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|----------|---|--|--|---|--|--|---|--|
| 5:00 AM | | | 5:30 - 6:30 AM Master Swim \$ 3 Lanes | | | | | |
| 6:00 AM | 6:00 -9:10 AM OPEN SWIM | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 6:35 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 5:00 - 8:10 AM OPEN SWIM 5 lanes | 6:00 - 9:10 AM OPEN SWIM 5 lanes | |
| 7:00 AM | | | | | | | | |
| 8:00 AM | | 8:15 - 9:00 AM Aqua Intervals 1 lane | 8:15 - 9:00 AM Aqua Tone 1 lane | 8:15 - 9:00 AM Aqua Intervals 1 lane | 8:15 - 9:00 AM Aqua Intervals 1 lane | 8:15 - 9:00 AM Sea Surprise 1 lane | | |
| 9:00 AM | 9:15-10:00 AM Aqua Cardio Blast 1 lane | 9:15 - 10:00 AM Aqua Cardio Blast 1 lane | 9:15 - 10:00 AM Aqua Intervals 1 lane | 9:15 - 10:00 AM Aqua Mix 1 lane | 9:15 -10:00 AM Aqua Cardio Blast 1 lane | 9:15 - 10:00 AM Aqua Interval 1 lane | 9:15-10:00 AM Sea Surprise 1 lane | |
| 10:00 AM | 10:15 AM - 12:00 PM Private Swim Lessons \$ 4 lanes | 10:05 AM - 12:10 PM OPEN SWIM 5 lanes | 10:05 - 11:10 AM OPEN SWIM 5 lanes | 10:05 AM - 12:10 PM OPEN SWIM 5 lanes | 10:05 AM -3:25 PM OPEN SWIM 5 lanes | 10:05 AM - 12:10 PM OPEN SWIM 5 lanes | 10:05 AM - 1:15 PM OPEN SWIM 4 lanes | |
| 11:00 AM | | | 11:15 AM - 12:00 PM Aqua for MS \$ 3 Lanes | | | | | |
| 12:00 PM | 12:05 - 5:45 PM OPEN SWIM 5 lanes | 12:15 - 1:00 PM Aqua Intervals 1 lane | 12:05 - 3:25 PM OPEN SWIM 5 lanes | 12:15 - 1:00 PM Aqua Tone 1 lane | 12:50 - 3:25 PM OPEN SWIM 5 lanes | 12:15 - 12:45 PM Aqua FLOW 1 lane | 10:15 AM - 12:15 PM Private Swim Lessons \$ 4 lanes | |
| 1:00 PM | | 1:05 - 3:55 PM OPEN SWIM 5 lanes | | 3:30 - 5:00 PM Private Swim Lessons \$ 4 lanes | | 1:05 - 3:55 PM OPEN SWIM 5 lanes | | 3:30 - 5:00 PM Private Swim Lessons \$ 4 lanes |
| 2:00 PM | | | | | | | 4 :00 - 5:00 PM Private Swim Lessons \$ 4 lanes | |
| 3:00 PM | | 12:20 - 5:45 PM OPEN SWIM 5 lanes | | | | | | |
| 4:00 PM | | | 6:15 - 7: 15 PM Private Swim Lessons \$ 4 lanes | 6:05 - 8:45 PM OPEN SWIM 5 lanes | | 6:30 - 7:00 PM Aqua Mix Plus+ 1 Lane | 6: 15 - 7:00 PM Sea Surprise 1 lane | 6:05 - 7:45 PM OPEN SWIM |
| 5:00 PM | | 7:20 - 8:45 PM OPEN SWIM 5 lanes | | | | | | |
| 6:00 PM | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | 7:05 - 8:45 PM OPEN SWIM 5 lanes | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | | | |
| 7:00 PM | | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | | 7:05 - 8:45 PM OPEN SWIM 5 lanes | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | |
| 8:00 PM | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | 7:05 - 8:45 PM OPEN SWIM 5 lanes | 7:05 - 8:45 PM OPEN SWIM 5 lanes | | | | |
| 9:00 PM | | <p>Children 16 and under are not allowed in the Lap Pool and Warm Water Pool unless they are registered for swim lessons and with an instructor. Children 16 and under are not allowed in the hot tub.</p> | | | | | | <p>*1 open swim lane guaranteed during Aqua Classes - up to instructor's discretion how many lanes are left open during class. *<u>Swim Lessons conducted throughout the week.</u></p> |

Warm Water Therapy Pool Schedule 2024

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|----------|--|---|---------------------------------------|---|--|---|--|---|-----------------------------|
| 5:00 AM | | | | | | | | | |
| 6:00 AM | 6:00 - 8:10 AM OPEN SWIM | 5:00 - 7:55 AM OPEN SWIM | 5:00 - 10:10 AM OPEN SWIM | 5:00 - 7:55 AM OPEN SWIM | 5:00 - 10:10 AM OPEN SWIM | 5:00 - 10:00 AM OPEN SWIM | 6:00 - 9:30 AM OPEN SWIM | | |
| 7:00 AM | | | | | | | | | |
| 8:00 AM | 8:15 - 9:00 AM Share Pool Aqua ZEN | 8:00 - 11:00 AM Closed for Physical Therapy | | | | | | 8:00 - 11:00 AM Closed for Physical Therapy | |
| 9:00 AM | 9:05 - 11:25 AM OPEN SWIM | | | | | | | | |
| 10:00 AM | | | 10:15 - 11:00 AM Aqua Arthritis \$ | | 10:15 - 11:00 AM Aqua Arthritis \$ | 10:05 - 11:10 AM Share Pool with Swim Lessons | 9:30 - 11:45 AM Share Pool with Swim Lessons | | |
| 11:00 AM | 11:30 am- 12 PM Share Pool with Swim Lessons | 11:15 AM - 12:00 PM Aqua Arthritis \$ | | 11:15 AM - 12:00 PM Aqua Arthritis \$ | | 11:15 AM - 12:00 PM Aqua Arthritis \$ | | | |
| 12:00 PM | 12:05 - 5:45 PM OPEN SWIM | 12:05 - 6:00 PM OPEN SWIM | 11:05 AM - 12:55 PM OPEN SWIM | | 11:05 AM - 12:55 PM OPEN SWIM | 12:40 - 1:00 PM Share Pool Aqua FLOW | 11:45 AM - 5:45 PM OPEN SWIM | | |
| 1:00 PM | | | | | | | | | |
| 2:00 PM | | | | | | | | | |
| 3:00 PM | | | | | 1:00 - 5:30 PM Closed for Physical Therapy | 12:05 - 6:55 PM OPEN SWIM | | 1:00 - 5:30 PM Closed for Physical Therapy | 1:05 - 4:30 PM OPEN SWIM |
| 4:00 PM | | | | | | | | | |
| 5:00 PM | | | | | | 4:30 - 5 PM Share Pool with Swim Lessons | | | |
| 6:00 PM | | 6 - 6:30 PM Share Pool with Swim Lessons | 5:35 - 8:45 PM OPEN SWIM | | 5:35 - 8:45 PM OPEN SWIM | 5:05 - 7:45 PM OPEN SWIM | | | |
| 7:00 PM | | | | 7:00 - 7:30 PM Share Pool Aqua FLOW | | | | | |
| 8:00 PM | | 6:35 - 8:45 PM OPEN SWIM | | | | | | 7:35 - 8:45 PM OPEN SWIM | |
| 9:00 PM | <p>Children 16 and under are not allowed in the Lap Pool and Warm Water Pool unless they are registered for swim lessons and with an instructor. Children 16 and under are not allowed in the hot tub.</p> | | | | | | | | |

