## POOL PROGRAMMING



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 6:00 6:30	POOL CLOSED	ADULTS-ONLY LAP SWIM	POOL CLOSED				
7:00 7:30	LAP SWIM SWIM LESSONS OPEN SWIM						LAP SWIM OPEN SWIM
8:00		AQUAFIT	AQUA	AFIT 7:45AM-8:3	30AM	AQUAFIT	AQUAFIT
8:30		AQUAFIT	HYDROFIT	AQUAFIT	HYDROFIT	AQUAFIT	8:00-8:45AM
9:00		8:40-9:25AM	8:40-9:25AM	8:40-9:25AM	8:40-9:25AM	8:40-9:25AM	
9:30 10:00		LAP SWIM SWIM	LAP SWIM SWIM LESSONS				
10:30		LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	
11:00		OPEN SWIM					
11:30		ADULTS-ONLY LAP SWIM SWIM LESSONS					
12:00							
12:30							
1:00							
1:30		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
2:00							
2:30		SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		LAP SWIM
3:00		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		SWIM LESSONS
3:30							OPEN SWIM
4:00		LAP SWIM/ SWIM LESSONS	LAP SWIM/	LAP SWIM/	LAP SWIM/ SWIM LESSONS	LAP SWIM	
4:30			SWIM LESSONS	SWIM LESSONS			
5:00		ADULTS-ONLY	ADULTS-ONLY		ADULTS-ONLY LAP SWIM SWIM LESSONS	SWIM LESSONS OPEN SWIM	
5:30		LAP SWIM SWIM LESSONS	AQUAFIT 5:30-6:15PM ADULTS-ONLY				
6:00							
6:30							
7:00						-	
7:30	POOL CLOSED	LAP SWIM OPEN SWIM	LAP SWIM OPEN SWIM	LAP SWIM OPEN SWIM	LAP SWIM OPEN SWIM		POOL CLOSED
8:00							
8:30							
9:00						POOL	
9:30		POOL CLOSED				CLOSED	

## **POOL INFORMATION:**

Main Pool: Length: 20yds; Depth: 2.5 feet-5 feet; ~83 Lengths to swim a mile Temp: 85 Therapy Pool: Depth: 4 feet-5.5 feet; Temp: 91 Hot Tub: Depth: 3 feet; Temp: 10

## FAMILY-FRIENDLY HOURS:

Monday-Thursday: 9:30-11:30am; 1:30-5:00pm; 7:00-9:30pm Friday: 9:30-11:30am; 1:30-8:30pm Saturday: 11:00am-7:30pm Sunday: 7:00am-7:30pm