


| Activity Time | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---------------|---------------------------|-------------|---------------------------|-------------|---------------------------|-------------|---------------------------|-------------|---------------------------|-------------|--|--|---|-------------|
| | Main Pool | Family Pool | Main Pool | Family Pool | Main Pool | Family Pool | Main Pool | Family Pool | Main Pool | Family Pool | Main Pool | Family Pool | Main Pool | Family Pool |
| 5:00am | | | | | | | | | | | Please help us ensure the cleanest water possible by showering and using the toilet before swimming. | | | |
| 6:00am | Lap and Recreational Swim | Closed | Lap and Recreational Swim | Closed | Lap and Recreational Swim | Closed | Lap and Recreational Swim | Closed | Lap and Recreational Swim | Closed | | | | |
| 7:00am | | | | | | | | | | | Lap and Recreational Swim | Usage of pool areas may be restricted during program times to accommodate instruction. | | |
| 8:00am | Aqua Zumba | | | | Water Ex | | | | Water Ex | | | | | |
| 9:00am | Aquatic Rehab | | Aquafit | | Aquatic Rehab | | Aquafit | | Aquatic Rehab | | *Swim Lessons | Lap and Recreational Swim | | |
| 10:00am | | Family Swim | Water Volleyball | Family Swim | | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | | | | |
| 11:00am | | | | | | | | | | | Lap & Rec | Family Swim | Family Swim | |
| 12:00pm | Arthritis | | Lap and Recreational Swim | | Arthritis | | Lap and Recreational Swim | | Arthritis | | | | | |
| 1:00pm | Twinges & Hinges | | | | Twinges & Hinges | | | | | | | | Pool closes at 1:30 PM | |
| 2:00pm | | | | | | | | | | | | |  | |
| 3:00pm | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | | | | |
| 4:00pm | | | | | | | | | | | Pool closes at 4:30 PM | | | |
| 5:00pm | *Swim Lessons | | *Swim Lessons | | *Swim Lessons | | *Swim Lessons | | | | Lifeguards reserve the right to swim test anyone, regardless of age. | | POOL HOURS: M-F: 5:00a - 8:30p Sat: 7:00a - 4:30p Sun: 9:00a - 1:30p | |
| 6:00pm | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | Lap and Recreational Swim | | | | | |
| 7:00pm | | | | | | | | | | | *During swim lesson timeslots, open swim will not be available in the main pool area; it will be available in the Family Play Area. See back for swim lesson days/times. | | | |
| 8:00pm | | | | | | | | | | | | | | |