



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	Open Lanes 6:00 to 7:45	Open Lanes 6:00 to 6:15	Open Lanes 6:00 to 7:45	Open Lanes 6:00 to 6:15	Open Lanes 6:00 to 7:45		
7 AM		Aqua Challenge 6:30-7:30		Aqua Challenge 6:30-7:30			
8 AM	Cardio Walking 8:00-8:45	Open Lanes 7:30 to 9:45	Cardio Walking 8:00-8:45	Open Lanes 7:30 to 9:45	Cardio Walking 8:00-8:45	Open Lanes 8:00 to 8:45	
9 AM	Aqua Arthritis 9:00-9:45		Aqua Arthritis 9:00-9:45		Aqua Arthritis 9:00-9:45		
10 AM	Aqua Challenge 10:00-11:00	Aqua Challenge 10:00-11:00	Aqua Challenge 10:00-11:00	Aqua Challenge 10:00-11:00	Aqua Challenge 10:00-11:00	Aqua Challenge 10:30-11:30	
11 AM	Open Lanes 11:05 to 5:45	Open Lanes 11:05-5:55	Open Lanes 11:05 to 5:45	Open Lanes 11:05-5:55	Open Lanes 11:05 to 8:30	Open Lanes 11:35 to 3:30	
NOON							
1 PM							
2 PM		2:30-3 Member led group (3 lanes open for swimming)		2:30-3 Member led group (3 lanes open for swimming)			
3 PM							
4 PM	Open Lanes 11:05-5:45	Open Lanes 11:05-5:45					
5 PM							
6 PM	Aqua Challenge 6:00 – 7:00	Aqua Challenge 6:00 – 7:00	Aqua Challenge 6:00 – 7:00	Aqua Challenge 6:00 – 7:00			
7 – 8:30	Open Lanes 7:05 to 8:30	Open Lanes 7:05 to 8:30	Open Lanes 7:05 to 8:30	Open Lanes 7:05 to 8:30			Open Lanes 1:00 to 4:30

BUILDING CLOSES AT 9:00 PM M-F, 4:00 PM Saturday and 5:00 PM Sunday (Pool closes 30 min. prior to building)

POOL TIPS & REMINDERS

- Swimming is not permitted during class times.
- Please shower before entering the pool or spa.
- Please do not use the pool if you have any open wounds/sores. Band-Aids are also not allowed in the pool.
- We highly recommend the use of pool shoes for classes or water walking.