



# POOL SCHEDULE

**EFFECTIVE  
DECEMBER 6**

## LAP POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Lanes Lap 1 Lane Open 7:00am-4:00pm	Aqua Box (2) Lap (4) 8-8:45am	5 lanes Lap 1 Lane Open 5:30am -3pm	Deep Water (2) Lap (4) 9-9:45am	Athletic Aqua (2) Lap (4) 8-8:45am	5 lanes Lap 1 Lane Open 5:30am -3pm	Swim Team (4) Lap (2) 7-9am
	5 lanes Lap 1 Lane Open 5:30am -3pm			5 lanes Lap 1 Lane Open 5:30am -3pm		Aqua Zumba (2) Lap (4) 9-9:45am
	Swim Team (4) Lap (2) 3-8:30pm		Swim Team (4) Lap (2) 3-8:30pm	Swim Team (4) Lap (2) 3-8:30pm		Swim Team (4) Lap (2) 3-8:30pm

Aqua Classes that are designed for Lap Pool, MUST be taken in the Lap Pool.

## SPA

Spa
Monday - Thursday 5:30am - 8:30pm
Friday 5:30am - 7:30pm
Saturday 7:00am -4:00pm
Sunday 7:00am - 3:00pm

## BABY POOL

Baby
Monday - Thursday 5:30am - 8:30pm
Friday 5:30am - 7:30pm
Saturday & Sunday 7:00am -4:00pm



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## THERAPY POOL

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right		
Open 7am - 4pm		Open 5:30am - 9am		Open 5:30am - 8am		Open 5:30am-8am		Open 5:30am-6:30pm		Open 5:30am - 9am		Open 7am - 4pm			
		Aqua Sculpt & Tone 9am-9:45am		Aqua Sculpt & Tone 8am-8:45am		Aqua Sculpt & Tone 8am-8:45am				Aqua Yoga 9:00am -9:45am					
		Open 9:45am-8:30pm		Open 8:45am-6:30pm		Open 8:45am-11am				Arena Rx (Closed Class) 11:00am-11:45am				Open 9:45am-7:30pm	
						Open 11:45am-8:30pm									
				Aqua Sculpt & Tone 6:30-7:15pm				Aqua Sculpt & Tone 6:30-7:15pm							



\* The Therapy Pool  
can be used for  
swim lessons\*