

Aquatics Center Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)
8	Open Lane (1/3) 5:00am-8:55am	Open Lane (1/3) 5:00am-8:55am	Open Lane (1/3) 5:00am-8:55am	Open Lane (1/3) 5:00am-8:55am	Open Lane (1/3) 5:00am-8:55am	Open Lane (1/3) 7:00am-8:55am	Open Lane (1/3) 7:00am-9:55am
9	Aqua Fitness 9:00am-10:00am	Aqua Fitness 9:00am-10:00am	Aqua Fitness 9:00am-10:00am	Aqua Fitness 9:00am-10:00am	AquaFitness 9:00am-10:00am	Swim Lessons 9:00am-12:00pm	Swim Lessons 10:00am-12:15pm
10	Lap Swim (1/3)	Lap Swim (1/3)	Lap Swim (1/3)	Lap Swim (1/3)	Lap Swim (1/3)		
11	Open Lane (2/3) 10:00am-12:00pm	Open Lane (2/3) 10:00am-12:00pm	Open Lane (2/3) 10:00am-12:00pm	Open Lane (2/3) 10:00am-12:00pm	Open Lane (2/3) 10:00am-12:00pm	Lap Swim (2/3) Open Lane (1/3) 12:00pm-1:30pm	Lap Swim (2/3) Open Lane (1/3) 12:15pm-1:30pm
12	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)		
1	Open Lane (1/3) 12:00pm-1:55pm	Open Lane (1/3) 12:00pm-2:55pm	Open Lane (1/3) 12:00pm-1:55pm	Open Lane (1/3) 12:00pm-2:55pm	Open Lane (1/3) 12:00pm-1:40pm	Family Swim (2/3) Lap Swim (1/3) 1:30pm-2:30pm	
2	Aqua Fitness 2:00pm-3:00pm	Swim Lessons (2/3) Lap Swim (1/3) 3:00pm-5:00pm	Aqua Fitness 2:00pm-3:00pm	Swim Lessons (2/3) Lap Swim (1/3) 3:00pm-7:00pm	Aqua Fitness 1:45pm-2:45pm		
3	Swim Lessons 3:00pm-6:00pm		Trax Swim 5:00pm-6:00pm		Swim Lessons 3:00pm-6:00pm	Swim Lessons 3:00pm-6:00pm	Family Swim (2/3) Lap Swim (1/3) 3:40pm-4:30pm
4		Aqua Fitness 6:05pm-7:05pm		Aqua Fitness 6:05pm-7:05pm			Aqua Fitness 6:05pm-7:05pm
5	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)	Lap Swim (2/3)			
6	Open Lane (1/3) 7:05pm-9:30pm	Open Lane (1/3) 7:05pm-9:30pm	Open Lane (1/3) 7:05pm-9:30pm	Open Lane (1/3) 7:00pm-9:30pm	Lap Swim (2/3) Open Lane (1/3) 8:00pm-9:30pm		
7							
8							
9							

Aquatics Center Schedule

Lap Pool Schedule Aquatics Schedule Descriptions

Aqua Fitness - Activate your urge for variety! Splash offers fun shallow water movement to improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. No swimming ability is required. Aquatic equipment is often used to improve strength balance and coordination.

Birthday Parties – Birthday parties and private facility rentals are scheduled at this time and the entire pool area is open to participants only. Please check with the front desk for a current schedule as it varies week to week. **If no parties or special events are scheduled the pool is open for Family Swim and one open lane.**

Family Swim - Two lanes are reserved for open swimming. **Children under 14 must be supervised by an adult and may not use the whirlpool, sauna, or therapy pool.** Private swim lessons may also be held. Children must wear a swim diaper if they are not toilet trained.

Swim Lessons – Group and Private lessons are held at these times. **On the occasion that there are not swim lessons going on, you may use an open lane with the understanding that once any lesson starts, you must move to another lane, if available.** Private swim lessons may also be held during other non-class times, specifically “Family Swim” and “Open Pool” times. Please be courteous of instructors and students when swim lessons are in session. See the front desk for the current class schedules.

Lap Swim – This is open to all members, so long as they are doing laps. Both lap dividers should be in the pool. Please share lanes when necessary. **First come, first serve.**

Open Pool/Open Lanes – This is when certain lanes or the entire pool are reserved for **first come, first serve for multi-use activities**. This includes, but is not limited to activities such as lap swimming, water running, jogging, aerobics, Private Swim Lessons, and other various activities. Please share lanes when possible and respect lane sharing guidelines.

Therapy Pool- The therapy pool is open to our members who need to perform therapy exercises. (See therapy schedule for hours). **Children are not allowed in this pool. Lap swim is also not allowed.**

Additional Guidelines

- Please see additional rules and regulations posted in the pool area.
- Priority is given to the activities on the pool schedule. Any changes will be posted at the front desk and at the pool. Please call the front desk at any time for updates.
- Pool area including shower and locker area closes 30 minutes prior to facility closing time

