

FACILITY SCHEDULES

OPEN GYM

Monday	12:00 – 1:15 PM	Adults
	7:30 – 8:45 PM	Grade 7–Age 21
Tuesday	6:00 – 7:30 PM	Grades 3–6
	7:30 – 8:45 PM	Grade 7–Age 21
Wednesday	12:00 – 1:15 PM	Adults
	7:00 – 8:45 PM	Grade 7–Age 21
Thursday	12:00 – 12:45 PM	Adults
	3:15 – 4:00 PM	Grades K–5
	6:15 – 7:30 PM	Grades 3–6
	7:30 – 8:45 PM	Grade 7–Age 21
Friday	12:00 – 1:15 PM	Adults
	*6:30 – 7:30 PM	Grades 3–6
	*7:30 – 8:45 PM	Grade 7–Age 21
Saturday	11:00-11:45 AM	Member/Parent
	1:15 - 2:00 PM	Grades K - 5
	2:00 – 2:45 PM	Grades 3–6
	2:45 – 3:45 PM	Grade 7–Age 21
Sunday**	2:30 - 3:15 PM	Member/Parent
	3:15 - 4:00 PM	Grades 3-6
	4:00 - 4:45 PM	Grades 7 - Age 21

*Closed every first and third Friday of month

**Sunday programs run from November 12th to March 25th.

WEIGHT ROOM

Monday to Friday <i>(except Thurs)</i>	6:30 AM – 3:30 PM	Grade 7–Adult
Thursday	6:30 AM–1:00 PM	Grade 7–Adult
Thursday	1:00 PM–6:00 PM	Grade 7–12
Thursday	6:00 PM – 8:45 PM	Grade 7–Adult
Mon. to Fri.	3:30 PM – 6:00 PM	Grade 7–12
Mon. to Fri.	6:00 PM – 8:45 PM	Grade 7–Adult
Saturday	9:00 AM – 3:45 PM	Grade 7–Adult
Sunday	1:00 PM – 4:45 PM	Grade 7–Adult

Working Out—You're on your own.

PING PONG

Monday to Friday	6:30 AM – 2:00 PM	Adults
Thursday	6:30 AM-12:00 PM	

Tables and paddles available. First come first served. Limit to 30 min per person if there is a wait.

RECREATION SWIM

For Hayden Youth Members ONLY

Parents must accompany a youth member in the pool during designated Member & Parent times ONLY

Monday	3:30 – 4:15 PM	Age 4–Grade 8
Tuesday	3:30 – 4:15 PM	Age 4–Grade 8
Wednesday	3:30 – 4:15 PM	Age 4–Grade 8
Thursday	2:30 – 3:00 PM	Age 4–Grade 8
	4:00 – 4:45 PM	Age 4-Grade 8
Friday	3:30 – 4:15 PM	Age 4–Grade 8
	5:45 - 6:30 PM	Member & Parent** Ages 4 and up
Saturday	1:30 – 3:00 PM	Age 4–Grade 8
Sunday*	3:00 – 3:45 PM	Member & Parent** Ages 6 mos & Up
	3:45 – 4:30 PM	Age 4-Grade 8

* Sunday hours run from November 12th to March 25th

** Youth members *must* be accompanied *in the water* by a parent or guardian.

TEEN LAP SWIM

Tuesday	2:45 – 3:30 PM	Grades 6–12
Saturday	3:00 – 3:45 PM	Grades 6–12

PLUNGE & WILLARD CLUB

For Plunge Members ONLY

Age 18 & Up

Monday to Friday	6:30 – 8:30 AM	Lap Swimming
Monday to Friday	12:00 – 2:00 PM	Lap Swimming
Monday to Friday	7:30 – 8:40 PM	Lap Swimming
Saturday	7:30 – 8:30 AM	Lap Swimming
Sunday	1:15 – 2:45 PM	Lap Swimming

Plunge runs from September 11th to May 26th

Sunday Program runs November 12th to March 25th.

Limited to MEMBERS ONLY — NO GUESTS or OBSERVATION permitted

GENERAL SKATE

All Skater's MUST be Hayden Members

Saturday	3:15 PM - 4:45 PM
Sunday	12:30 PM - 2:00 PM
Monday	1:15 PM-2:45 PM
Wednesday	12:15 PM - 1:45 PM*

Youth members	\$4.00
Adult members	\$6.00
Special Family Rate	\$10.00*

*(maximum cost)

**may be cancelled on the second Wednesday of the month due to U.S. Figure Skating Test Sessions. Please call ahead.