



# POOL SCHEDULE

**EFFECTIVE  
AUGUST 1**

## LAP POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 Lanes Lap 5:30-8am	6 Lanes Lap 5:30-8am	6 Lanes Lap 5:30-8am	6 Lanes Lap 5:30-8am	6 Lanes Lap 5:30-8am	
5 Lanes Lap 1 Lane Open 7:00am-5:30pm	5 lanes Lap 1 Lane Open 8:00am -8:00pm	5 lanes Lap 1 Lane Open 8:00am -8:00pm	5 lanes Lap 1 Lane Open 8:00am -8:00pm	5 lanes Lap 1 Lane Open 8:00am -8:00pm	5 lanes Lap 1 Lane Open 8:00am -8:00pm	5 Lanes Lap 1 Lane Open 7:00am-5:30pm
	6 Lap Lanes 8:00pm -9:30pm	6 Lap Lanes 8:00pm -9:30pm	6 Lap Lanes 8:00pm -9:30pm	6 Lap Lanes 8:00pm -9:30pm	6 Lap Lanes 8:00pm -8:30pm	

## SPA

Monday - Thursday 5:30am - 9:30pm
Friday 5:30am -8:30pm
Saturday 7:00am -5:30pm
Sunday 7:00am - 4:45pm

## BABY POOL

Monday - Thursday 5:30am - 9:30pm
Friday 5:30am -8:30pm
Saturday 7:00am -5:30pm
Sunday 7:00am - 5:30pm

- All lanes open for Lap
- Swim Team
- Rentals
- Water Aerobics
- Swim Lessons
- Aquatic Programs



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## RECREATION POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open 10am - 5:30pm	Martial Water 8-8:45am			Deep Water 8-8:45am		
	Summer Camp 9-12pm	Summer Camp 9-12pm	Summer Camp 9-12pm	Summer Camp 9-12pm	Summer Camp 9-12pm	Aqua Zumba 8:45-9:30am
	Open 12-9:30pm	Open 12-9:30pm	Open 12-9:30pm	Open 12-9:30pm	Open 12-8:30pm	Open 10am - 5:30pm

**Rec Pool Opens at  
12:00pm Mon - Fri  
10:00am Sat/Sun**

- Anyone 12 and under will need to take a swim test to use the slides and diving well.
- Sat/Sun from 12-2 ONLY, kids who have not passed the swim test can go down the light blue slide as long as a parent is at the bottom of the slide in the water, and the child can walk up to the top of the slide by themselves

## 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 - 5:30pm	Open 5:30am - 9am		Open 5:30am - 9am		Open 5:30am - 9am		Open 5:30am - 9am		Open 5:30am - 9am		Open 7am - 5:30pm		
	Aqua Sculpt & Tone 9:00am - 9:45am		Aqua Sculpt & Tone 9:00am - 9:45am		Aqua Sculpt & Tone 9:00am - 9:45am		Aqua Sculpt & Tone 9:00am - 9:45am		Aqua Yoga 9:00am - 9:45am				
	Open 9:45am-9:30pm		Open 9:45am-9:30pm		Open 9:45am-9:30pm		Open 9:45am-7:30pm		Open 9:45a - 8:30pm				
			ArenaRx Private Session 11am -11:45am				ArenaRx Private Session 11am -11:45am						
			Open 11:45am-7pm				Open 11:45am-7:30pm						
			Aqua Sculpt & Tone 7-7:45pm				Aqua Sculpt & Tone 7:30pm -8:15pm						
Open 7:45-9:30pm		Open 7:45-9:30pm		Open 8:15pm-9:30pm		Open 8:15pm-9:30pm							

- All Open
- Lessons on one side
- Water Aerobics