



POOL SCHEDULE

**EFFECTIVE
SEPTEMBER 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-10:00am	5 lanes Lap 1 Lane Open 8:00am -3:00pm	5 lanes Lap 1 Lane Open 8:00am -3:00pm	5 lanes Lap 1 Lane Open 8:00am -3:00pm	5 lanes Lap 1 Lane Open 8:00am-9:30am	5 lanes Lap 1 Lane Open 8:00am -8:30pm	5 Lanes Lap 1 Lane Open 7:00am-5:30pm
Swim Team (4) Lap (2) 10:00am-11:00am				Hydropower 9:30-10:30am		
5 Lanes Lap 1 Lane Open 11:00am-5:30pm	Swim Team (4) Lap (2) 3:00pm - 8:15pm	Swim Team (4) Lap (2) 3:00pm - 8:15pm	Swim Team (4) Lap (2) 3:00pm - 8:15pm	Swim Team (4) Lap (2) 3:00pm - 8:15pm	Swim Team (4) Lap (2) 3:00pm - 8:15pm	
	6 Lap Lanes 8:15pm -9:30pm	6 Lap Lanes 8:15pm -9:30pm	6 Lap Lanes 8:15pm -9:30pm	6 Lap Lanes 8:15pm -9:30pm	6 Lap Lanes 8:15pm -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



POOL SCHEDULE

**EFFECTIVE
SEPTEMBER 1**

RECREATION POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open 12pm - 5:30pm	Martial Water 8-8:45am	Open 3-8pm	Aqua Zumba 9:45-10:30am	Deep Water 8-8:45am	Open 3-8pm	Aqua Zumba 8:45-9:30am
	Open 3-8pm		Open 3-8pm	Open 3-8pm		Open 12pm - 5:30pm

**Rec Pool Opens at
3:00pm Mon - Fri
12:00pm 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-7pm		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-9:30pm				Open 11:45am-7:30pm						
	Open 9:45am-9:30pm		Open 11:45am-9:30pm		Aqua Sculpt & Tone 7-7:45pm		Aqua Sculpt & Tone 7:30pm -8:15pm						
Open 7:45-9:30pm					Open 8:15pm-9:30pm								

- All Open
- Lessons on one side
- Water Aerobics