

# Pool Schedule

Summer Session: July 2 - August 25, 2024  
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-9pm  
 Saturday & Sunday 7am-3pm  
 Closed on Jul 1<sup>st</sup>, Aug 5<sup>th</sup>, Sep 2<sup>nd</sup>

MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
Lane Swim 6-9:10am (6 Lanes)	Lane Swim 6-7:45am (6 Lanes)	Aqua Running 8-8:45am	Lane Swim 6-9:10am (6 Lanes)	Lane Swim 6-7:45am (6 Lanes)	Aqua Running 8-8:45am	Lane Swim 6-9:10am (6 Lanes)	Lane Swim 7:30-10:30am (6 Lanes)	Lane Swim 7:30-10:30am (6 Lanes)
Aquafit 9:15-10am	Aquafit 9:15-10am		Aquafit 9:15-10am	Aquafit 9:15-10am		Aquafit 9:15-10am	Birthday Party 10:30-11:30am	Birthday Party 10:30-11:30am
Swim Lessons 10am-12pm	Swim Lessons 10am-12pm		Swim Lessons 10am-12pm	Swim Lessons 10am-12pm		Swim Lessons 10am-12pm		
Lane Swim 12-1pm (6 Lanes)	Lane Swim 12-1pm (6 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 12-1pm (6 Lanes)	Lane Swim 12-1pm (6 Lanes)	Hydrotherapy 12:15-1pm	Lane Swim 12-1pm (6 Lanes)	Lane Swim 11:30am-12:30pm	Lane Swim 11:30am-12:30pm
Camp Swim 1-2:15pm	Camp Swim 1-2:15pm		Camp Swim 1-2:15pm	Camp Swim 1-2:15pm		Camp Swim 1-2:15pm	Open Swim 12:30-2:30pm	Open Swim 12:30-2:30pm
Open Swim 2:15-3:45pm	Lane Swim 2:15-3:45pm (Min 2 Lanes)	Family Swim 2:15-3:45pm	Open Swim 2:15-3:45pm	Lane Swim 2:15-3:45pm (Min 2 Lanes)	Family Swim 2:15-3:45pm	Open Swim 2:15-3:45pm		
Lane Swim 4-5:30pm (6 Lanes)	Swim Lessons 4-7pm		Lane Swim 4-5:30pm (6 Lanes)	Swim Lessons 4-7pm		Lane Swim 4-5:30pm (6 Lanes)		
Open Swim 5:30-7:30pm	Lane Swim 7-8:30pm (Min 2 Lanes)	Open Swim 7-8:30pm	Open Swim 5:30-7:30pm	Lane Swim 7-8:30pm (Min 2 Lanes)	Open Swim 7-8:30pm	Open Swim 5:30-7:30pm		
Lane Swim 7:30-8:30pm (6 Lanes)			Lane Swim 7:30-8:30pm (6 Lanes)			Lane Swim 7:30-8:30pm (6 Lanes)		
Therapy Pool 6-10am 12-1pm 2:15-8:30pm	Therapy Pool 6-10am 2:15-4pm 7-8:30pm		Therapy Pool 6-10am 12-1pm 2:15-8:30pm	Therapy Pool 6-10am 2:15-4pm 7-8:30pm	Therapy Pool 6-10am 12-1pm 2:15-8:30pm	Therapy Pool 6-10am 12-1pm 2:15-8:30pm	Therapy Pool 7:30-10:30am 11:30am-2:30pm	Therapy Pool 7:30-10:30am 11:30am-2:30pm

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**Lane Swim:** Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 25m Lap Pool. We ask participants to circle swim when necessary.

**Open Swim:** Relax and play with your family and friends in all four of our pools.

**Family Swim:** Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

**Aquafit:** A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

**Aqua Running:** A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those who cannot sustain impact on their joints.

**Hydrotherapy:** This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

## **CHILDMINDING HOURS:**

Drop the kids off and enjoy some YOU time!  
Ages 3 months to 5 years  
Monday to Friday 9am-12pm  
Tuesday, Wednesday, Thursday 4:30-7:30pm