

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:30am 6 Lanes Open (EP)	5:00-8:30am 6 Lanes Open (EP)	5:00-8:30am 6 Lanes Open (EP)	5:00-8:30am 6 Lanes Open (EP)	5:00-8:30am 6 Lanes Open (EP)		
8:30am Tabata H2O (EP)	8:30am Aqua Fit (EP)	8:30am WATERinMOTION (EP)	8:30am Aqua Fit (EP)	8:30am HIIT Deep H2O (EP)	8:30am Tabata H2O (EP)	8:00-9:30am 6 Lanes Open (EP)
9:30am Athletic Aqua (EP)	9:30am Aqua Fit Deep (EP)	9:30am Athletic Aqua (EP)	9:30am WATERinMOTION (EP)	9:30am Aqua Fit Mix (EP)	9:00am-12:00pm Swim Lessons (WWP)	9:30am-1:00pm Swim Lessons (WWP)
	10:00-10:30am Mini Dolphin Group Lesson (WWP)		10:00-10:30am Mini Dolphin Group Lesson (WWP)		9:30am Aqua Fit (EP)	9:30am Athletic Aqua (EP)
10:30am Core H2O (WWP)	10:30am WATERinMOTION (EP)	10:30am Core H2O (WWP)		10:30am Core H2O (WWP)	9:30-10:00am Mini Dolphin Group Lesson (WWP)	
10:30am-12:00pm 6 Lanes Open (EP)		10:30am-4:00pm 6 Lanes Open (EP)	10:30am-1:00pm 6 Lanes Open (EP)	10:30am-4:00pm 6 Lanes Open (EP)	10:00am-11:00am Dolphin Group Lesson (WWP)	
11:15am Aqua Yogilates (WWP)	11:30am-1:00pm 6 Lanes Open (EP)	11:15am Aqua Fit (WWP)		11:15am Aqua Yogilates (WWP)	10:30am-3:00pm 6 Lanes Open (EP)	10:30am-6:45pm 6 Lanes Open (EP)
12:00pm Feeling Fit with MS (EP)		12:00pm Aqua Yogilates (WWP)			3:00-5:00pm 4 Lanes Open (EP)	
1:00-3:00pm 6 Lanes Open (EP)	1:00pm Aqua Fit Deep (EP)		1:00pm Aqua Fit Deep (EP)		5:00-6:45pm 6 Lanes Open (EP)	
	1:00-1:30pm Mini Dolphin Group Lesson (WWP)		1:00-1:30pm Mini Dolphin Group Lesson (WWP)			
2:00pm Arthritis H2O (WWP)	2:00pm Arthritis H2O (WWP)	2:00pm Arthritis H2O (WWP)	2:00pm Arthritis H2O (WWP)	2:00pm Arthritis H2O (WWP)		
	2:00-4:00pm 6 Lanes Open (EP)		2:00-4:00pm 6 Lanes Open (EP)			
3:00pm Aqua Fit (EP)						
4:00-7:30pm Swim Lessons (WWP)	4:00-7:30pm Swim Lessons (WWP)	4:00-7:30pm Swim Lessons (WWP)	4:00-7:30pm Swim Lessons (WWP)	4:00-7:00pm Swim Lessons (WWP)		
5:00-6:00pm Dolphin Group Lesson (EP)	5:00-6:00pm Dolphin Stroke Clinic (EP)	5:00-6:00pm Dolphin Group Lesson (EP)	5:00-6:00pm Dolphin Stroke Clinic (EP)			
	7:15pm Aqua Fit (EP)	6:20pm HIIT H2O (EP)				
7:15-9:45pm 6 Lanes Open (EP)	8:15-9:45pm 6 Lanes Open (EP)	7:15-9:45pm 6 Lanes Open (EP)	7:15-9:45pm 6 Lanes Open (EP)	7:15pm-8:45pm 6 Lanes Open (EP)		

- Group Exercise
- Swim Lessons
- Lap Swim  
*2 lanes open all other times*

WWP Warm Water Pool  
AP Activity Pool  
EP Exercise Pool

**Adult Time - Warm Water Pool**

Mondays	5:00am-4:00pm
Tuesdays	5:00am-10:00am 1:30-4:00pm 7:30-9:45pm
Wednesdays	5:00am-4:00pm
Thursdays	5:00am-10:00am 2:00-4:00pm 7:30-9:45pm
Fridays	5:00-9:00am 10:00am-4:00pm
Saturdays	7:00-9:00am
Sundays	8:00-9:30am

**Family Time - Warm Water Pool**

Mondays	6:30-9:45pm
Tuesdays	10:00am-1:00pm 4:00-7:00pm
Wednesdays	4:00-7:00pm
Thursdays	10:00am-1:00pm 4:00-7:00pm
Fridays	9:00-10:00am 4:00-8:45pm
Saturdays	9:00-9:30am (Parent & Me) 12:00-6:45pm 3:00-5:00pm (EP - 2 lanes)
Sundays	1:00-6:45pm