

Activity Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00am Open For Reservations	5:00-9:00am Open For Reservations	5:00-9:00am Open For Reservations	5:00-9:00am Open For Reservations	5:00-9:00am Open For Reservations	7:00-10:30am Open For Reservations	7:00am-6:45pm Open For Reservations
9:05-9:50am Aqua Fit	9:05-9:50am Aqua Zumba	9:05-9:50am Simply Aqua	9:05-9:50am Aqua Fit	9:05-9:50am WATERinMOTION®		
10:00-1:15pm Open For Reservations (1 lane)	10:00-1:15pm SGT* (3 lanes)	10:00am-12:00pm Open For Reservations (1 lane)	10:00-11:00am SGT* (3 Lanes)	10:00am-12:30pm Open For Reservations (1 lane)	10:30-11:15am Aqua Zumba	
1:15-9:45pm Open For Reservations	11:00-12:00pm Open For Reservations	12:30-9:45pm Open For Reservations	12:05-1:00pm Deep Water Ex	10:00am-8:45pm Open For Reservations	11:15am-6:45pm Open For Reservations	
	12:05-1:00pm Aqua Fit		1:00-9:45pm Open For Reservations			
	1:00-9:45pm Open For Reservations					

- Water Exercise
- Swim Lessons
- Youth Lap Swim
- Masters / SGT

*lane split may vary. Visit the member portal or app for most up to date lane availability prior to making reservation.

Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-10:00am Adult/PT/PSL	5:00-9:00am Adult/PT/PSL	5:00-10:00am Adult/PT/PSL	5:00-9:00am Adult/PT/PSL	5:00-10:00am Adult/PT/PSL	7:00-10:00am Adult/PT/PSL	7:00-10:00am Adult/PT/PSL
	9:00-10:00am Family Time		9:00-10:00am Family Time		10:00am-12:00pm Family Time	10:00am-12:00pm Family Time
10:00am-12:00pm Family Time	Aqua Yoga 1:00pm-1:45pm	10:00am-12:00pm Family Time	10:00-1:00pm Adult/PT/PSL	10:00am-12:00pm Family Time	12:00-3:00pm Adult/PT/PSL	12:30-3:00pm Adult/PT/PSL
12:00-9:45pm Adult/PT/PSL	1:45-4:00pm Adult/PT/PSL	12:00-9:45pm Adult/PT/PSL	1:00-1:45 Aqua Strength	12:00-4:00pm Adult/PT/PSL	3:00-5:00pm Family Time	3:00-5:00pm Family Time
	4:00-7:00pm Family Time		1:45-4:00pm Adult/PT/PSL	4:00-6:00pm Family Time	5:00-6:45pm Adult/PT/PSL	5:00-6:45pm Adult/PT/PSL
	7:00-9:45pm Adult/PT/PSL		4:00-7:00pm Family Time	6:00-8:45pm Adult/PT/PSL		

- Water Exercise
- Swim Lessons
- Family Time

PLS = Private Swim Lessons
PT = Physical Therapy
Family Time = Families may use the pool

- Swim Lessons and Personal Training are offered during operational hours in all pools. Lessons and Personal Training have priority use of up to 2 lanes unless a water group exercise class is taking place.
- Please stay out of the lanes 5 minutes before and 5 minutes after classes.