

Warm Water Pool Schedule

Effective January 2024
**Schedule subject to change*

Group Exercise Classes

Monday

2-2:45pm | Arthritis H2O

Tuesday

12-12:45 | Aqua Fit

1-1:45pm | Aqua Fit Warm

6-6:45pm | Aqua Fit Deep Warm

Wednesday

10:15-11am | Aqua Fit

2-2:45pm | Arthritis H2O Deep

Thursday

1-1:45pm | Aqua Fit

6-6:45pm | Aqua Fit Warm

Friday

12-12:45pm | Aqua Fit

2-2:45pm | Arthritis H2O

Family Swim Time

Monday, Wednesday, Friday | 4 - 7pm

Tuesday & Thursday | 9am - 12pm

Saturday & Sunday | 12 - 6:45pm

Swim Lesson Busy Times

Monday - Friday | 4 - 7pm

Saturday - Sunday | 9am - 12pm