

AQUATICS SCHEDULE



EFFECTIVE 9.1.2024

	MON	TUE	WED	THU	FRI	SAT	SUN					
5:00 AM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Club Closed	Club Closed					
6:00 AM												
7:00 AM						Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
8:00 AM												
9:00 AM						Physical Therapy (patients only)	Water In Motion	Aqua Energize	Aqua Tune-Up	Physical Therapy (patients only)	Private Lessons Only*	Private Lessons Only*
10:00 AM												
11:00 AM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Private Lessons Only*	Private Lessons Only*					
12:00 PM												
1:00 PM	Adult Swim	Physical Therapy (patients only)	Adult Swim	Physical Therapy (patients only)	Adult Swim	Private Lessons Only*	Private Lessons Only*					
2:00 PM												
3:00 PM	Private Lessons Only*	Adult Swim	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Adult Swim	Adult Swim					
4:00 PM												
5:00 PM	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Adult Swim	Adult Swim	Adult Swim					
6:00 PM												
7:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Club Closed	Club Closed					
8:00 PM												

***ADULT SWIM IS NOT PERMITTED DURING PRIVATE SWIM LESSONS.
LAP SWIMMING USE IS RESERVED FOR ADULT SWIM TIMES ONLY.**