

# 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*
10:00 AM	Adult Swim	Adult Swim	Adult Swim								
11:00 AM	Adult Swim		Physical Therapy (patients only)								
12:00 PM	Adult Swim										
1:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim							
2:00 PM	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Adult Swim	Adult Swim				
3:00 PM											
4:00 PM											
5:00 PM	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	Private Lessons Only*	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	Adult Swim	Adult Swim	Adult Swim	Club Closed						

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