

NO ONE under 14 may use the pool without a parent or guardian (adult member over the age of 18). Parent/guardian must be within sight at all times. NO ONE under 14 is permitted in the Hot Tub, Steam Room, or Sauna.

Please Note: Assigned lanes are reserved for class participants only during scheduled activities. Pool is CLOSED during all Aqua Fitness or Fluid Motion classes. Pool is CLOSED during Skids.

Adult Swim	Pool reserved for our adult members
Swim Lessons	Fee based group swimming lessons, by registration only
After School Kids	Pool reserved for Adventure Central kids
Open Swim	All independent or privately coached activities
Aqua Fitness	Pool reserved for instructor led group fitness class

Pool Temperature: A therapeutic 86° F
 Pool Length: 15 Meters (52 round-trips=1 mile)

		5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
SUN	Lane 1	Pool Opens 7:30		Adult Swim			Open Swim										Pool Closes 8:00	
	Lane 2	Pool Opens 7:30		Adult Swim			Open Swim										Pool Closes 8:00	
	Lane 3	Pool Opens 7:30		Adult Swim			Open Swim										Pool Closes 8:00	
	Lane 4	Pool Opens 7:30		Adult Swim			Open Swim										Pool Closes 8:00	
MON	Lane 1	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Group Lessons 4:00-6:30						Pool Closes 9:30			
	Lane 2	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Group Lessons 4:00-6:30						Pool Closes 9:30			
	Lane 3	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Group Lessons 4:00-6:30						Pool Closes 9:30			
	Lane 4	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Group Lessons 4:00-6:30						Pool Closes 9:30			
TUE	Lane 1	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 2	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 3	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 4	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
WED	Lane 1	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Pool Maintenance 12:00-1:00 (pool closed)		Open Swim						Group Lessons 4:00-6:30	Adult Lessons 7:15-7:45	Pool Closes 9:30	
	Lane 2	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Pool Maintenance 12:00-1:00 (pool closed)		Open Swim						Group Lessons 4:00-6:30	Adult Lessons 7:15-7:45	Pool Closes 9:30	
	Lane 3	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Pool Maintenance 12:00-1:00 (pool closed)		Open Swim						Group Lessons 4:00-6:30	Adult Lessons 7:15-7:45	Pool Closes 9:30	
	Lane 4	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Pool Maintenance 12:00-1:00 (pool closed)		Open Swim						Group Lessons 4:00-6:30	Adult Lessons 7:15-7:45	Pool Closes 9:30	
THU	Lane 1	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 2	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 3	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
	Lane 4	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-11:30	Open Swim						Aqua Fitness 5:30-6:30 (pool closed)	Open Swim	Pool Closes 9:30			
FRI	Lane 1	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Open Swim						After School Kids 3:45-4:30 (pool closed)	Open Swim	Pool Closes 8:00	
	Lane 2	Pool Opens 5:00	Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Fluid Motion 10:15-11:00 (pool closed)	Homeschool 11:15-12:00		Open Swim						After School Kids 3:45-4:30 (pool closed)	Open Swim	Pool Closes 8:00	
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SAT	Lane 1	Pool Opens 7:30		Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-1:00			Open Swim						Pool Closes 8:00		
	Lane 2	Pool Opens 7:30		Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-1:00			Open Swim						Pool Closes 8:00		
	Lane 3	Pool Opens 7:30		Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-1:00			Open Swim						Pool Closes 8:00		
	Lane 4	Pool Opens 7:30		Adult Swim		Aqua Fitness 9:00-10:00 (pool closed)	Swim Lessons 10:15-1:00			Open Swim						Pool Closes 8:00		