

Therapy Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.							
6:00 a.m.							
6:30 a.m.		Open	Open	Open	Open	Open	
7:00 a.m.							Open
7:30 a.m.							
8:00 a.m.		Physical Therapy & Open		Physical Therapy & Open		Physical Therapy & Open	RED CROSS Swim Lessons Aqua Babies Preschool 8:00-11:30 (Lanes 1 & 2)
8:30 a.m.							
9:00 a.m.							
9:30 a.m.	Open	Aquacise 10:15 – 11:05	Physical Therapy & Open	Aquacise 10:15 – 11:05	Physical Therapy & Open	Aquacise 10:15 – 11:05	
10:00 a.m.							
10:30 a.m.		Physical Therapy & Open		Physical Therapy & Open		Physical Therapy & Open	
11:00 a.m.							
11:30 a.m.	Ai Chi 11:15 – 12:05	Strength Balance & Challenge 11:30 – 12:20		Strength Balance & Challenge 11:30 – 12:20		Strength Balance & Challenge 11:30 – 12:20	Open
12:00 p.m.			Deep Water Workout 12 – 12:50		Deep Water Workout 12 – 12:50		
12:30 p.m.							
1:00 p.m.			Swim Lessons				Family Swim / All Ages 1-4:45
1:30 p.m.		Physical Therapy & Open		Physical Therapy & Open	Physical Therapy & Open	Physical Therapy & Open	
2:00 p.m.	Family Swim / All Ages 1-4:45		Physical Therapy & Open				
2:30 p.m.							
3:00 p.m.							
3:30 p.m.		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		NOTE: During Operational Hours - Lane Sharing is required during busy times.
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.		Strength Balance & Challenge 5:30-6:20			Strength Balance & Challenge 5:30-6:20	Open	
6:00 p.m.	NOTE: During Operational Hours - Lane Sharing is required during busy times.					Family Swim All Ages 4:30 – 8:30	
6:30 p.m.		Open		Swim Lessons	Open		
7:00 p.m.		Family Swim All Ages 6:30-8:30	Open		Family Swim All Ages 6:30-8:30		
7:30 p.m.							
8:45 p.m.							
	Aquatic Class	Physical Therapy Open Swim	Family Swim Time	Swim Lessons Group / Private	Aquatic Instructors may vary		

October / Fall 2021 Lap Pool

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.							
6:00 a.m.							
6:30 a.m.							
7:00 a.m.							
7:30 a.m.		Open	Open	Open	Open	Open	
8:00 a.m.							Open
8:30 a.m.							Open
9:00 a.m.							
9:30 a.m.	Open	Deep Water 9:15 – 10:05		Deep Water 9:15 – 10:05		Deep Water 9:15 – 10:05	
10:00 a.m.			Deep Water 9:45 - 10:35		Deep Water 9:45 - 10:35		
10:30 a.m.							
11:00 a.m.		Open	Open	Open	Open	Open	Deep Water 11:00 – 11:50
11:30 a.m.							
12:00 p.m.							
12:30 p.m.	Deep Water 12:30 – 1:20	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							Open
2:30 p.m.	Open	Open	Open	Open	Open	Open	
3:00 p.m.							
3:30 p.m.							
4:00 p.m.							
4:30 p.m.							
5:00 p.m.					Swim Lessons		
5:30 p.m.		Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	
6:00 p.m.	NOTE: Aquatic Instructors could vary with each class.						NOTE: During Operational Hours - Lane Sharing is required during busy times.
6:30 p.m.							
7:00 p.m.					Deep Water 6:30 – 7:20		
7:30 p.m.							
8:45 p.m.		Open	Open	Open	Open	Open	

Aquatic Class

Open Swim
(All Ages)

Swim Lessons
Group / Private

*Up to 4 lanes could be used for classes to adhere to social distancing guidelines. 0-7 (two lanes, 8-15 three lanes, 16+ four lanes. (Capacity 30)