

Shallow Pool

Time	M	T	W	Th	F	Sat	Sun
5:45	Open Swim Shallow pool M & W 5:45-10am, Noon-4 and 6:30-8:30 T Th & Fri 5:45-10am and noon-8:30pm					O	O
6:00						P	P
6:30						E	E
7:00						N	N
7:30							
8:00							
8:30						AT	
9:00						10 am	
9:30							AT
10:00							
10:30	ADULT ONLY TIME						
11:00	10-NOON M-F						
11:30							1 pm
noon							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30	Shallow pool closed during swim lessons. July 11-Aug 1, on Mon & Wed 4pm-6:15pm. One lap lane, hot tub, and saunas open for 18 and up only						
5:00							
5:30							
6:00							
6:30						Pool area closes at 5:45pm on Sat and Sun	
7:00							
7:30							
8:00							
8:30	Pool area closes at 8:30pm						

Main Pool

Time	M	T	W	Th	F	Sat	Sun
5:45	Lap swim and water walking lane 5:45-9 M-F					O	O
6:00						P	P
6:30						E	E
7:00						N	N
7:30							
8:00							
8:30						AT	
9:00						10 AM	
9:30							AT
10:00							
9:30	Hydrofit 9-9:45 (deep end)	Aquarobics 9-9:45 shallow	Hydrofit 9-9:45 (deep end)	Aquarobics 9-9:45 shallow	Hydrofit 9-9:45 (deep end)		
10:00	Aquarobics 10-10:45 shallow	Zumba 10-11 shallow	Aquarobics 10-10:45 shallow	Zumba 10-11 shallow	Aquarobics 10-10:45 shallow		
10:30							
11:00	ADULT ONLY TIME						
11:30	10-NOON M-F						
noon							1 PM
12:30	Lap swim and water walking noon-1 M-F						
1:00							
1:30							1 water walk lane 2 lap lanes & open swim 1-2
2:00							
2:30	Slide open 2:30-3 M-F						
3:00							
3:30		Zumba 3:30-4:15 shallow		Zumba 3:30-4:15 shallow			Slide open Sat & Sun 3:30-4
4:00	Pool Area Limited during swim lessons. July 11-Aug 1, on Mon & Wed 4pm-6:15pm. One lap lane, hot tub, and saunas open for 18 and up only						
4:30							
5:00							
5:30							
6:00							Pool area closes at 5:45pm on Sat and Sun
6:30	Main pool limited for swim team on T, Th & F 4:30-6:30pm. Small open swim area for all ages and one lap lane.						
7:00							
7:30							
8:00							Slide Fri 7-7:30
8:30	Pool area closes at 8:30pm						

Only one lap lane available during classes, swim lessons, swim team practice and slide times.

Basketball Court

Time	M	T	W	Th	F	Sat	Sun
5:45	Endurance Circuit 6-7am					O	O
6:00						P	P
6:30						E	E
7:00						N	N
7:30							
8:00							
8:30						AT	
9:00						10 am	
9:30							AT
10:00							
8:00	Step Circuit 8-9 am		Step Circuit 8-9 am		Step Circuit 8-9 am		
8:30						AT	
9:00	Zumba 9:15-10:30		Zumba 9:15-10:30		Zumba 9:15-10:30		AT
9:30		Tai Chi 10-11:30		Tai Chi 10-11:30			
10:00							
10:30							
11:00							
11:30							1 pm
noon	Reserved for Pickle Ball M-F noon-3. Call up to two days in advance to reserve a one hour court.						
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30	Gym is available for basketball any time it does not have a scheduled activity. Full court Bball game is allowed at Supervisor's discretion. Adult games are for ages 16 and up.						Adult Vol-ley Ball 3-6 Sun
4:00							
4:30							
5:00							
5:30							
6:00							
6:30						S.A.R.C closes at 6PM on Sat and Sun	
7:00							
7:30							
8:00							
8:30							
9:00	Adult Vol-ley Ball 6:30-9pm Tue			Adult Basket ball 7:15-9pm Th			

Children under 8 must be accompanied by an adult (18 or older) in all areas of the facility.

Public Swim Lesson Dates:

Aug 1-Aug 29 on Mon and Wed 4-6:15pm

Open registration starts Aug 1 at 6:15pm

Pool area **limited** for swim lessons. One lap lane, hot tub, and saunas open for 18 and up only.

Schedule is subject to change.

Classes not seen on this brochure are held in our upstairs classroom. They are Yoga 9:30 am M, W, & F and 6am M & W. Core and More 5:30pm M & W. Zumba Cardio Party 7:15am T & Th. Beginning Zumba 8:55am T & Th.

Adult time is 10am to noon Monday thru Friday. Patrons must be 18 to be in our pool area.

ACTIVE DUTY AND DEPENDENTS OF ACTIVE DUTY MILITARY RECEIVE 20% OFF ANNUAL, SIX MONTH AND THIRTY DAY PASSES.