Schedule Subject to Change

SHALLOW POOL

Time	M	Tu	W	Th	F	Sat	Sun
5:45						CLOSED	CLOSED
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
NOON							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							

OPEN SWIM M-F 5:45-10am (small pool only)

ADULT TIME ONLY 10-NOON M-F

OPEN SWIM, SMALL POOL M & W noon-4:45 and 6:30-8:30 T , TH & F 12-8:30

OPEN SWIM Sat 10-5:45 and Sun 1-5:45

Pool Area **closed** for swim lessons **February 1-17, on Mon & Wed 4:45pm-6:30pm**. One lap lane, hot tub, and saunas open for 18 and up only.

CLOSED 5:45

CLOSED 5:45

POOL CLOSES AT 8:30

MAIN POOL

Time	M	Tu	W	Th	F	Sat	Sun
5:45						CLOSED	CLOSED
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
NOON							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							

LAP SWIM AND WATER WALKING LANE 5:45-9

*Hydro 9-9:45 (deep end) | *Aqua 9-9:45 (shallow) | *Hydro 9-9:45 (deep end) | *Aqua 9-9:45 (shallow) | *Hydro 9-9:45 (deep end)

*Aqua 10:00-10:45 (shallow) | *Aqua 10:00-10:45 (shallow) | *Aqua 10:00-10:45 (shallow)

ADULT TIME ONLY 10AM-NOON M-F

LAP SWIM AND WATER WALKING NOON - 1

Water Walking class 1-1:45

Water Walking class 1-1:45

OPEN SWIM M-F 2-3:15 and 6:30-8:30.

Pool Area **closed** for swim lessons **February 1-17, on Mon & Wed 4:45pm-6:30pm**. One lap lane, hot tub, and saunas open for 18 and up only.

Sequim High School Swim Team practice 3:15-4:45 M-F. One lap lane, one open lane, available.
Dive Team takes deep end 4:45-5:45.

Slide open 7-7:30

CLOSED

LAP SWIM WATER WALK 10-11

1 WaterWalk 2 Lap Lanes & Open Swim

open swim Sat 11am-5:45pm Sun 2pm-5:45pm

***SLIDE OPEN** 3:30-4:30 Sat*

CLOSED 5:45

CLOSED 5:45

POOL CLOSES AT 8:30

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

BASKETBALL COURT

Time	M	Tu	W	Th	F	Sat	Sun
5:45						CLOSED	CLOSED
6:00		Endurance Circuit 6 - 7am		Endurance Circuit 6 - 7am			
6:30							
7:00							
7:30							
8:00	Step Circuit 8:00-9:00		Step Circuit 8:00-9:00		Step Circuit 8:00-9:00		
8:30							
9:00	Zumba Cardio Party 9:15-10:15	Beginning Zumba 8:55-9:55	Zumba Cardio Party 9:15-10:15	Beginning Zumba 8:55-9:55	Zumba Cardio Party 9:15-10:15		
9:30							
10:00		Tai Chi 10:00-11:30		Tai Chi 10:00-11:30		Zumba Cardio Party 10:30-11:30	
10:30							
11:00							
11:30							
NOON							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30		Adult Volley Ball 7:15-9:00		Adult Basket Ball 7:15-9:00	Adult Volley Ball 6:30-9:00		
8:00							
8:30							
9:00							

Adult Volley Ball 3:00-6:00

CLOSED 6:00

CLOSED 6:00

GYM is available for BBALL any time it is not used by recreation or fitness programs. Full court BBALL game is allowed at Superviser's discretion ***Adult games are for ages 16 & up.**

Children Under 8
Must Be Accompanied By An Adult(18 Or Older)

Adult Time is 10AM to Noon Monday thru Friday.

Swim Lessons Schedule

February 1-17 on Mondays and Wednesdays 4:45-6:30

Open Registration

January 20th after 6:25pm

Both Pools Are Closed During Swim Lessons. Adults (18 and Up) allowed in Hot Tub, Dry Sauna, Steam Sauna, and 1 Lap Lane.

Classes not seen on this brochure are held in our upstairs classroom. They are Yoga, Pilates, Piloga, Core training, stretch and Beginning Belly Dancing.

Daily admission does not include classes. Please see class flyer for drop in prices and class information.