

# Shallow Pool

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

# Main Pool

Time	M	T	W	Th	F	Sat	Sun
5:00	Lap swim and					O	O
6:00	water					P	P
6:30	walking lane					E	E
7:00	5am-9am M-F					N	N
7:30						AT	
8:00						8AM	
8:30						Lap swim	
9:00						and	
9:30	Hydrofit	Aquarobics	Hydrofit	Aquarobics	Hydrofit	water	
10:00	9-9:45	9-9:45	9-9:45	9-9:45	9-9:45	walk	
10:30	deep end	shallow	deep end	shallow	deep end	8-10	
11:00	Aquarobics	Zumba	Aquarobics	Zumba	Aquarobics		
11:30	10-10:45	10-11	10-10:45	10-11	10-10:45		
noon	shallow	shallow	shallow	shallow	shallow	Lap swim	
12:30	<b>ADULT ONLY TIME</b>					and	
1:00	<b>10-NOON M-F</b>					water	
1:30						walking	
2:00						12-1	
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30	Masters		Masters			Pool area	
7:00	swim		swim			closes at	
7:30	club 6-7		club 6-7			7:45pm	
8:00						Slide Fri	
8:30	Pool area closes at 8:30pm					6-6:30	

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
5:00						O	O
6:00						P	P
6:30						E	E
7:00						N	N
7:30						AT	
8:00						8am	
8:30	Step	Intro to	Step	Intro to	Step		
9:00	Circuit	weight	Circuit	weight	Circuit		
9:30	8-9 am	lifting 8-9	8-9 am	lifting 8-9	8-9 am		
10:00	Zumba		Zumba		Zumba		
10:30	9:15-		9:15-		9:15-		
11:00	10:30		10:30		10:30		
11:30		Tai Chi		Tai Chi			
noon		10-		10-			
12:30		11:30		11:30			
1:00	Reserve for Pickle						
1:30	Ball or volleyball						
2:00	M-F noon-3.						
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							

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

Pool area **limited** for swim lessons on Mon and Wed from 3:45pm-6pm. One lap lane, hot tub, and saunas open for 18 and up only.

Classes not seen on this brochure are held in our upstairs classroom. They are Yoga, Core and More, Zumba Cardio Party Beginning Zumba 8:55am T & Th and Zumbatomic (Zumba for kids).

**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.**



## KidZone

Now open!!

Wednesday-Saturday 8:30am-noon

Punch card of 20 hours for \$40 OR \$3 per hr

(evening hours coming soon)

1-7 years and /or walking

