

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	ADULT ONLY TIME						
11:00	10-NOON M-F						
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 18						
6:30	and up only						
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 water	
9:30	Hydrofit	Aquarobics	Hydrofit	Aquarobics	Hydrofit	walk	
10:00	9-9:45	9-9:45	9-9:45	9-9:45	9-9:45	8-10	
10:30	deep end	shallow	deep end	shallow	deep end		
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		
12:30	ADULT ONLY TIME					Lap swim	
1:00	10-NOON M-F					and 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							
7:00							
7:30							
8:00							
8:30							

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

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.

FREE ADMISSION AND CLASSES NEW YEARS DAY AT S.A.R.C.

In the basketball court:
11:30-12:30 Intro to weights
12:45-1:45 Zumba
2-3 Tai Chi
3:15-3:45 Zumbatomic
4-6 open for basketball

In the pool:
Masters Swim 11-12
Aqua Zumba 12-1
Open swim with slide, rope swing and diving board 1-6

Upstairs: Yoga 12:30