

Shallow Pool

Time	M	T	W	Th	F	Sat	Sun
5:45	Open Swim Shallow pool					O	O
6:00	M & W 5:45-9am, Noon-4 and 6:30-8:30					P	P
6:30						E	E
7:00	T Th & Fri 5:45-10am and noon-8:30pm					N	N
7:30							
8:00							
8:30						AT	
9:00	Parent tot swim lessons					10 am	
9:30	9-9:45am M & W						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, on Mon & Wed 3pm-6pm. 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					O	O
6:00	5:45-9 M-F					P	P
6:30						E	E
7:00						N	N
7:30							
8:00							
8:30						AT	
9:00	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 AM	AT
9:30	Aquarobics 10-10:45 shallow	Zumba 10-11 shallow	Aquarobics 10-10:45 shallow	Zumba 10-11 shallow	Aquarobics 10-10:45 shallow		
10:00							
10:30							
11:00	ADULT ONLY TIME						
11:30	10-NOON M-F						1 PM
noon							
12:30	Lap swim and water walking noon-1 M-F						
1:00							
1:30	Water walk 1-1:45		Water walk 1-1:45			1 water walk lane	
2:00						2 lap lanes & open swim 1-2	
2:30	Main pool limited for swim team T/Th/F 3:15-4:45pm Small open swim area for all ages and one lap lane.						
3:00						Slide open	
3:30						Sat & Sun	
4:00	Pool Area Limited during swim lessons, on Mon & Wed 3pm-6pm. One lap lane, hot tub, and saunas open for 18 and up only					3:30-4	
4:30							
5:00							
5:30							
6:00						Pool area closes at 5:45pm on Sat and Sun	
6:30	Aqua Zumb		Aqua Zumba				
7:00							
7:30						Slide Fri 7-7:30	
8:00							
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						O	O
6:00	Endurance Circuit 6-7am					P	P
6:30	Endurance Circuit 6-7am					E	E
7:00						N	N
7:30							
8:00	Step Circuit 8-9 am		Step Circuit 8-9 am		Step Circuit 8-9 am	AT	
8:30							
9:00	Zumba 9:15-10:30		Zumba 9:15-10:30		Zumba 9:15-10:30	10 am	AT
9:30		Tai Chi 10-11:30		Tai Chi 10-11:30			
10:00							
10:30							
11:00							1 pm
11:30							
noon	Reserved for Pickle Ball or volleyball M-F noon-3.						
12:30	Call up to two days in advance to reserve a one hour court.						
1:00							
1:30							
2:00							
2:30							
3:00	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.						
3:30						Adult Volley 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	Adult Volley Ball 6:30-9pm Tue				Adult Volley Ball 6:30-9pm Fri		
7:30				Adult Basketball 7:15-9pm Th			
8:00							
8:30							
9:00							

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

Public Swim Lesson Dates:

TBA for September

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 and 4:30pm. 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.