

Monday

Monday	Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3						
6:00 AM	Swim Team Practice 6-9am											CLOSED					
6:30 AM																	
7:00 AM																	
7:30 AM																	
8:00 AM																	
8:30 AM	Swim Lessons 9 - 10:10am								Power Splash 7:45 - 8:45am			Swim Lessons 8:20 - 9:30am					
9:00 AM																	
9:30 AM																	
10:00 AM																	
10:30 AM																	
11:00 AM									Swim Lessons 10:20 - 11:30am			Splashin' Seniors 10:15 - 11:15 am					
11:30 AM																	
12:00 PM																	
12:30 PM																	
1:00 PM																	
1:30 PM									Arthritis Foundation Aqua Therapy 11:30am - 12:30pm			CLOSED					
2:00 PM																	
2:30 PM																	
3:00 PM																	
3:30 PM																	
4:00 PM									NWSRA 4 - 5pm			CLOSED					
4:30 PM																	
5:00 PM																	
5:30 PM																	
6:00 PM																	
6:30 PM									Swim Lessons 4:20 - 7:30pm			Swim Lessons 4:20 - 7:30pm			Swim Lessons 5:10 - 6:40pm		
7:00 PM																	
7:30 PM																	

Tuesday	Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool	
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3				
6:00 AM	Swim Team Practice 6-9am											CLOSED			
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM															
8:30 AM									Swim Lessons 8:20 - 9:30am			CLOSED			
9:00 AM				Swim Lessons 9 - 11:30am					CLOSED						
9:30 AM															
10:00 AM															
10:30 AM															
11:00 AM															
11:30 AM									CLOSED						
12:00 PM															
12:30 PM															
1:00 PM															
1:30 PM															
2:00 PM									CLOSED						
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM															
4:30 PM				Swim Lessons 4:20 - 7:30pm						Swim Lessons 4:20 - 6:40pm		CLOSED			
5:00 PM												Swim Lessons 5:10 - 6:40pm			
5:30 PM															
6:00 PM															
6:30 PM															
7:00 PM									Flex and Flow 7 - 8pm						
7:30 PM															

Wednesday

Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3												
Swim Team Practice 6-9am											CLOSED											
Swim Lessons 9 - 10:10am								Swim Lessons 8:20 - 9:30am														
								Deep Dynamics 9 - 10am														
								Splashin' Seniors 10:15 - 11:15 am														
								Swim Lessons 10:20 - 11:30am			Arthritis Foundation Aqua Therapy 11:30am - 12:30pm											
								CLOSED														
NWSRA 4 - 7pm								CLOSED			CLOSED											
											Swim Lessons 4:20 - 7:30pm			NWSRA 4 - 7pm			Swim Lessons 4:20 - 7:30pm			Swim Lessons 5:10 - 6:40pm		

Thursday	Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool		
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3					
6:00 AM	Swim Team Practice 6-9am											CLOSED				
6:30 AM																
7:00 AM																
7:30 AM																
8:00 AM																
8:30 AM									Swim Lessons 8:20 - 9:30am							
9:00 AM									CLOSED							
9:30 AM																
10:00 AM																
10:30 AM																
11:00 AM																
11:30 AM				Swim Lessons 9 - 11:30am					CLOSED							
12:00 PM																
12:30 PM																
1:00 PM																
1:30 PM																
2:00 PM									CLOSED							
2:30 PM																
3:00 PM																
3:30 PM																
4:00 PM																
4:30 PM				Swim Lessons 4:20 - 7:30pm						Swim Lessons 4:20 - 6:40pm		CLOSED				
5:00 PM																
5:30 PM																
6:00 PM																
6:30 PM																
7:00 PM	Triathlon Program 6:30-7:30pm											Swim Lessons 5:10 - 6:40pm				
7:30 PM												Aqua Fusion 7 - 8pm				

Friday	Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3			
6:00 AM	Swim Team Practice 6-9am											CLOSED		
6:30 AM														
7:00 AM														
7:30 AM														
8:00 AM														
8:30 AM				Power Splash 7:45 - 8:45am								CLOSED		
9:00 AM				Deep Dynamics 9 - 10am										
9:30 AM														
10:00 AM									Splashin' Seniors 10:15 - 11:15 am					
10:30 AM									Arthritis Foundation Aqua Therapy 11:30am - 12:30pm					
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM														
1:30 PM									CLOSED					
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM												CLOSED		
4:30 PM														
5:00 PM														
5:30 PM														
6:00 PM														
6:30 PM												CLOSED		
7:00 PM														
7:30 PM														

Saturday	Main Pool								Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2	Lane 3			
7:00 AM	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>Swim Lessons 8:20 - 11:30am</div>								CLOSED			CLOSED		
7:30 AM														
8:00 AM														
8:30 AM														
9:00 AM														
9:30 AM	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>H2O Boot Camp 8 - 9am</div>								Swim Lessons 8:20 - 11:30 am			Swim Lessons 9:10 - 10:40am		
10:00 AM														
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM												Private Birthday Parties 11am - 3pm		
12:30 PM														
1:00 PM														
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM														

Sunday	Main Pool							Warm Water Therapy Pool			Lagoon Pool	Steam Room and Whirlpool	Outdoor Pool
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 1	Lane 2			
8:00 AM						Swim Lessons 8:20 - 11:30 am		Swim Lessons 8:20 - 11:30 am			CLOSED		
8:30 AM													
9:00 AM													
9:30 AM													
10:00 AM													
10:30 AM											Swim Lessons 9:10 - 10:40am		
11:00 AM													
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM											Private Birthday Parties 11am - 3pm		
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													